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MEMBERS OF THE DIET SURVEY SUB-COMMITTEE

Appointed at the 16th meeting of the Nutrition Advisory Committee held in New Delhi on the 10th December, 1947

- Dr K. Mitra (Convener)
Prof. K. Rajagopal
" S Banerjee
Dr M. V Radhakrishna Rao (co-opted in place of late Dr R. Dadachanji)
" C O Karunakaran (did not function)

The report was first presented at the 19th meeting of the Nutrition Advisory Committee held in New Delhi on the 22nd/23rd November 1949 and finally adopted at the 20th meeting of the Committee held in Bangalore on the 1st July 1950.

Indian Council of Medical Research

SPECIAL REPORT SERIES

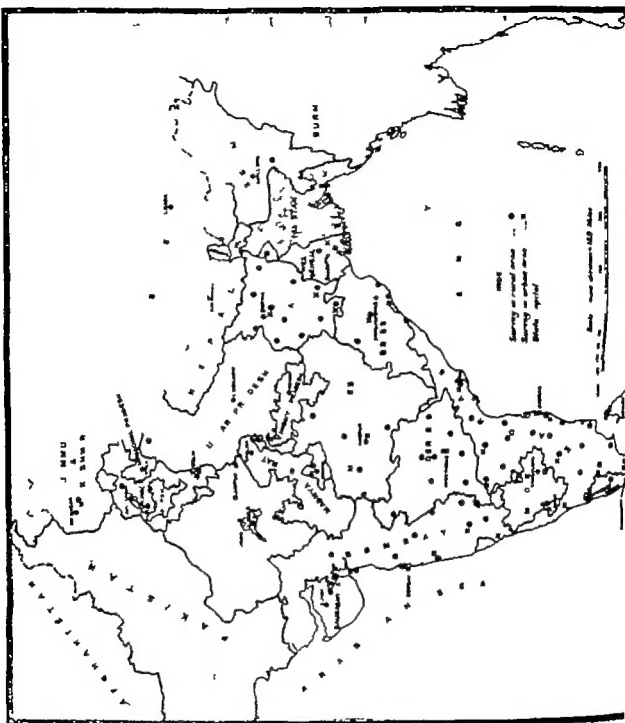
No. 20

**Results of Diet Surveys
in India**

1935 48

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NUTRITION is one of the major factors responsible for the maintenance of health and physical fitness and in its turn the state of nutrition of any community or group of people depends to a very great extent on the quality and quantity of food its members consume. In the formulation of a policy to improve the nutritional condition of the people it is essential that the actual amount and the types of food consumed by the different age, sex, occupational, social or economic groups are ascertained. Then only a change for the better can be brought over in the dietary habits of the people through education, increased production and/or imports of food or a judicious and equitable distribution of the same through rationing and planned community feeding. Determination of average consumption levels for each of the foods are possible only in such countries which maintain a reasonably accurate record of their food production, of imports and exports with the added proviso that families even of the lowest income groups possess enough purchasing power to meet the quantitative or calorie requirements in their diet.

In order to plan a programme for procurement and distribution of food on the basis of the physiological needs of the people consumption levels for each of the different types of the food stuff have been calculated for some of the countries of Europe and North America within the recent years. Unfortunately for various unavoidable reasons we do not possess the necessary data for estimating such average consumption levels. On the other hand quite a large number of dietary surveys have been carried out within the last 15 years in different parts of the country. Though these surveys cannot be considered as representative of the country as a whole yet a review of the result can yield a fairly reliable picture of the dietary habits and consumption levels existing at the period of survey amongst the various groups of families scattered all over India.

In the year 1945 Dr W. R. Aykroyd, the then Director of the Nutrition Research Laboratories of the Indian Council of Medical Research at Coonoor had revised his "Note on the Result of Dietary Surveys in India, Burma and Ceylon" first published in 1941. When this revised note was under consideration of the Nutrition Advisory Committee at its meeting on the 10th December 1947 it was felt by the Committee that the information contained therein was not adequate and that it should be supplemented in the near future by a fuller and more comprehensive document on diet surveys. This decision of the Committee was necessitated mainly due to the fact that Dr Aykroyd's note was generally confined to results of surveys published in the scientific journals only and made no reference to those published after 1945 for obvious reasons. The data tabulated in the present memorandum pertain to all surveys that have been carried out up to the autumn of 1948. A comparison of the number of surveys recorded in

Dr. Aykroyd's note and in the present one, would, it is expected be considered sufficient justification for the publication of the latter. In the present publication, however, all surveys pertaining to residents outside the territories of the Indian Union incorporated in Dr. Aykroyd's note have been excluded.

In interpreting the data pertaining to the diet surveys detailed later in the text for purposes of comparison there are certain limitations which may not be lost sight of

(a) The surveys extend over a long period of fourteen years and this period extending from 1935 to 1948 has wrought an unexpected change in the price structure and wage levels and consequently in the socio-economic life of the country. It started with low wages, low prices for agricultural produce, but was followed in about five years time by a steady increase in the wages and prices, appreciable reduction in unemployment and scarcity of food as a result of the second world war. During the first three years of post war conditions, included within the period under reference this country like most of the others was still suffering from an unbalanced economy and production of food was certainly below pre war levels as far as the common man was concerned.

(b) The surveys were confined to a few days only in any one season and rarely repeated.

(c) In the absence of reasonably accurate yardsticks for calculating the purchasing power of the groups of families surveyed no attempt has been made to study the levels of consumption in relation to income. The investigations reported pertain mostly to poor class families.

(d) In the absence of an agreed or accepted schedule of enquiry and absence of collaboration in general between the different investigators, certain information of importance has been left out.

In spite of the limitations enumerated, the array of figures presented have a tremendous bearing, both immediate and remote, on any planned programme and studies pertaining to our national health. The immediate importance is that a perusal of the figures will help in sizing up the problems of nutrition related to food in all its aspects, and a decade or two later these figures may help the future nutrition workers to gauge by a comparison with similar figures in their times, whether the trends of dietary habits in the country have improved, deteriorated or remained more or less stationary. In the determination of the scope and extent of different epidemics as also for epidemiological studies, the weekly monthly quarterly and yearly epidemic reports serve as landmarks or milestones. It would not be wrong to assume that a study of dietary surveys records would similarly enable the departments of Health and Agriculture to have a better understanding of their problems and to assess how far their efforts have succeeded in the improvement of diets in general.

COLLECTION AND PRESENTATION OF RESULTS

Except in one or two rare exceptions the figures incorporated in the report have been collected by the different investigators by a house to house visit and actual weighing of foodstuffs for a continuous period varying from 7 to 21 days, depending on the facilities available at each of

the enquiries. As the records of the surveys which have been compiled within the recent years were not collected on a uniformly planned schedule details on all the points could not be supplied in the report. An attempt has been made to indicate the average income of the groups of families surveyed, but it must be understood that such averages have but very limited values. Some of the investigators have taken the trouble of assessing the total income of the families surveyed in terms of money and such figures whenever available have been included in the relevant tables. Unfortunately total income of any family hardly indicates its purchasing power a factor which depends on the number and the age and sex composition of its members.

The average daily intake of each type of food, in ounces, by each hypothetical adult male, known commonly as Consumption Unit in each of the groups of families or institutions surveyed and shown in the appended tables, has been calculated from the total weight of raw food actually cooked in each unit comprising the group. In other words the gross weight in raw state of each of the types of food cooked by each unit during the period of enquiry has been divided by the number of days which covered the period of that particular investigation and the number of consumption units for calculation of the average figure. The number of consumption units in each family or institution has been estimated on the basis of the table of Calorie Co-efficients suggested by the League of Nations in 1932, for men and women of different ages. The arithmetic mean of average intake of each family or institution comprising a group has been indicated in the tables.

The foodstuffs have been classified under certain broad heads and items possessing similar nutrient composition are grouped together. Of the dozen different groups of food thus classified, vegetables comprise of largest number of variable items, than any of the others. Being an important protective food, particularly in view of qualitative deficiency in Indian diets, the make up of the vegetable quota determines to a very great extent, adequacy or otherwise of two important nutrients, namely minerals and vitamins. The figures of consumption given under this particular head would have yielded the information about dietary habits of each group of consumers in greater detail if it could have been possible to classify them under three subheads leafy vegetables, root vegetables and other vegetables. Owing to the unfortunate absence of a planned schedule the results had not been presented by most of the investigators, on the above lines. Efforts towards such classification had to be abandoned as a reference, at this stage of compilation, to original records for each individual family or institution numbering some thousands, lying in different centres of investigation, would have necessitated labour and attention hardly justifiable for the purpose. The same remarks apply to the column "fats and oils" as also "flesh foods".

It may be mentioned in passing, that the classification and grouping of the different types of foodstuff adopted in the appended tables of average intake are on the lines accepted by different investigators in India and in keeping, except for slight modifications, with that subsequently followed by Dr Aykroyd in his Note referred to earlier. The average figures for raw foods shown in the tables have not been converted in the terms of the different nutrients e.g. proteins, fats, carbohydrates etc. with the aid of the published table of food values, mainly because the enormous amount of calculations involved would by no means have been commensurate with the information which could

thus be made available. Further complete nutrient make up for all items of the samples of the same food grown in different parts of India have differed, even though slightly in the concentration of some of the nutrients. Consequently the average figures for each of the nutrients in terms of grammes, milligrammes and International units in the case of vitamins, would have indicated a degree of precision hardly justified from the technique of compilation, tabulation and calculation of the data. In the form in which data have been presented it is quite open to any one, if he so desires, to obtain within a few minutes with the aid of a table of food values an approximate idea of nutrients contained in any of the dietary schedules.

TREND OF DIETARY HABITS

In presenting any array of tables the usual practice is that the figures are covered by a note of commentary usually of an informative nature based on actual observations. Whilst following this practice the dangers inherent in wide generalisations were fully recognized and have been avoided as far as it was possible.

It will be noticed that in almost all the Provinces and States* wherever diet surveys have been carried out they have been confined mostly to the families and institutions of poor income groups although a certain number of upper middle class families have been included within the scope of a small number of investigations. It is not at all surprising that 50 odd investigators who had collected the data had all been attracted to the poor class families in preference to those of the richer classes. The reason is very obvious it is the poor men's diet in the country which needs a greater correction than that which is needed for the economically higher classes possessing adequate purchasing power. Besides, the poor and the lower middle class families who cannot afford to pay for balanced diets comprise about 80% of the population, and as such random sampling of households in any locality leads to an inclusion of lower middle class and poor class families in overwhelming numbers. The other reason for the preponderance of families of lower income group is, that very few surveys have been carried out in the cities with a view to study the dietary habits of well-to-do people. Nevertheless a large number of families belonging to upper income groups do not desist from consuming unbalanced diet either through ignorance or through their preference for particular types of foods or blind allegiance to certain conventional dietary habits.

The average diet of an Indian is lopsided primarily because of its extremely high cereal content. The other noticeable feature is that the diet lacks in adequate amounts of protective foods leading to inadequacy and very often to a total lack of proteins of good quality. Inadequacy of minerals and most of the important vitamins in more or less varying degrees is the other important feature. It has not been sufficiently realised that the inadequacy of B group of vitamins is of the most serious import in view of large intake of carbohydrates. Intake of vitamins A and C also are often inadequate. With these preliminary remarks for a background to the Indian diets in general, certain peculiar features pertaining to surveys in each of the states are stated below.

Under the Republican Constitution of India, adopted early in 1950 both types of former political units have been designated as "States".

Ajmer Merwara—A diet survey of three famine camps in this Centrally administered area was carried out a few years ago. The only striking feature in the records of this investigation is the amount of wheat consumed per consumption unit.

Assam—A survey amongst the tea garden labour in Assam was carried out as early as 1937 and after a lapse of eight years four more surveys were undertaken. Of the six different surveys carried out only two pertain to local agricultural families residing in rural areas and the rest cover families of tea garden and industrial labourers and one residential institution for students. The material available owing to its smallness hardly supplies one with a picture of food habits prevailing in the state. However rice is the popular cereal in the state and mustard oil the cooking fat of choice. In certain rural areas dried fish is also consumed. Lentils red gram black gram and horse gram are the common pulses consumed but the use of the last named is confined to the families in the lowest income groups.

Bihar—In the State of Bihar 90 dietary surveys results of which are incorporated in this publication have been carried out during a period of 11 years, from 1938 to 1949, without a break in the operations. It is one of the States where the work has been carried out systematically. With a few exceptions the investigations, which cover 12 out of the 16 districts in Bihar relate to food intake in lower middle class and poorer class families. None of the groups of families in this survey can be considered in any sense as rich but certainly some of the families included could have afforded to pay for all they had needed to balance their diets. The families surveyed were in majority of cases sampled from rural areas and the earners in such families were engaged in agricultural pursuits. Families of industrial workers employed by the Tata Iron and Steel Company at the biggest steel plant in India and families of workers employed in the Jharia coal fields have, however been sampled in appreciable numbers. Chota Nagpur plateau in Bihar is inhabited mainly by aboriginal and semi-aboriginal tribes. Quite a good deal of information has been collected regarding their food habits. Samples of groups of depressed class families living outside the plateau have also been included in the studies. One particular feature of Bihar survey has been that the diets consumed by a large number of the middle and poor class muslim families living in areas where such communities were predominant, have also been investigated. But it may be said in general that the surveys in Bihar have mostly been confined to very poor class families and as such instances are not rare where the total consumption of calories by an average adult barely exceeded 1000-1500 range particularly in the pre world war days of low wages and agricultural prices.

The surveys have definitely revealed that rice is the cereal of choice amongst the people of Bihar irrespective of the income of the different family groups. This is not an un-expected or un-natural finding in view of the fact that Bihar produces sufficient quantity of rice in her riverine alluvial soils. Wheat stands next in the order of popularity. A few other grains such as millets and maize are consumed in appreciable amount during certain parts of the year where such crops are grown. In such tracts even upper middle classes of agricultural families did not exhibit the prejudice against the millets which is not infrequently noticeable even in comparatively poorer families of lower middle class living in towns and cities. The rice consumed consists mainly of the home-pounded parboiled variety.

to the consistency of cooked rice, or into a sort of thick liquid resembling well-cooked porridge or at times boiled in an excess of water and the gruel drunk. Not infrequently millets are cooked as coarse chappati (unleavened bread) or boiled along with pulses and made into *kichari*. In a survey carried out in a small milk growing tract in Jubbulpore District it was found that after the cream was separated the skimmed milk was thickened into the semi-solid consistency of *khoa* over open fire and sold as such. Unlike the practice prevalent in ghee producing families of Bihar skimmed milk was not consumed by the producers themselves. Altogether 20 surveys have been carried out in the State and the operations were mainly confined to cold weather and early hot weather.

The cereals consumed consisted mostly of rice, wheat and jowar depending on the geographical areas of the province. Along with jowar kodo millets, kurthi and maize were also consumed. Any way the surveys show that jowar is consumed as the staple cereal amongst certain groups of population. The poorest classes in the villages, were noticed to consume dry mahua flowers which are boiled and eaten as such in the place of cereals. At times dry *mahua* flour is made into a dough along with Bengal gram powder and cooked as chappatis. This dietary practice has been noticed in Bihar also but was confined to aboriginals and poorest families. The chief pulses consumed were Bengal gram, lentil, green gram and *khesari*. *Khesari* or lathyrus is not only consumed in the usual form of a gruel (*dal*) but also it is ground into flour for cooking of coarse chappatis. Bengal gram flour is similarly mixed with wheat flour for preparation of chappati. The vegetables are consumed in very small quantities and even communities that grow vegetables sell almost whole of their produce to supplement their small income retaining very little of this valuable commodity for their own consumption. Consumption of fruits is almost negligible. Groundnut oil, gingelly oil and sometimes refined linseed oil are used for cooking.

Coorg—In Coorg, which is a small centrally administered area a survey of poor class families residing in rural and semi-urban areas was carried out in 1941. Rice was found to be the most popular cereal.

Delhi—Food intake of about 50 families residing in a small urban area outside the Capital City and in rural areas of Delhi Administration was investigated in the winter of 1938-39. Since then no other surveys have been made. The results indicate that wheat and jowar are the important cereals in the area and use of rice as staple food in any of the families is almost unknown. Owing to the fact that it is a milk producing tract small amounts of ghee, milk and butter milk are consumed. Consequently the use of vegetable oil, is also very limited.

East Punjab—A certain number of diet surveys were carried out in Ferozepur and Kangra Valley during the late thirties. Since then no other detailed surveys have been carried out. Though wheat is undoubtedly the most popular cereal in the State yet intake of rice in appreciable amount has been recorded in a few of the surveys in Kangra Valley. Consumption of milk has been recorded but the amount falls far short of expectation in few of the poor class families in the valley. In Ferozepur district the milk intake is appreciable.

Madras—The surveys carried out in the State of Madras were confined mostly to the lower income groups, the results, however help

to form a fairly good picture of the dietary habits of the whole of the territory because the families were sampled from all the districts. Even a few residential institutions have been included within the scope of the investigation. In Madras till the year 1943 the most popular cereal was rice and millets coming next in the order. Consumption of wheat except as a constituent of fashionable dishes in richer homes was practically unknown. An appreciable amount of millets particularly cholam and ragi were and are still being consumed by the people of comparatively poorer classes. It may be noted, in this connexion that there is a wide belt right across the peninsular portion of India beginning from the Bijapur District of Bombay extending over Kolhapur, Mysore and the ceded districts in Madras where cholam or jowar is eaten as the staple cereal. Cholam is ground into flour and then boiled or steamed into small balls or bolus. It was owing to the scarcity of rice caused by stoppage of imports from Burma as a result of Second World War that consumption of wheat in appreciable amounts as a cereal was introduced from 1943 onwards in the State of Madras through Government ration shops and various cooking demonstration centres. The upper social classes in the presidency the Brahmins are by tradition strict vegetarians or lacto-vegetarians whereas the other classes have no objection to flesh foods but owing to the unavailability of such foods the people perforce have to sustain themselves mostly on a vegetarian diet. Along the long coastal belt in the State fish is consumed by the lower social classes. The intake of pulses and vegetables is very low but that of condiments particularly of chillies and tamarind is noticeable. Consumption of milk is almost negligible though with upper middle classes a drink of butter milk, if available, is very popular. Gingelly oil is the popular cooking medium.

Orissa—A dietary survey of families sampled from well-to-do group of domiciled Bengalis, labourers and fishermen etc., living in Puri town and from comparatively poor groups of people residing in rural areas, was carried out during early parts of the year 1938. Later on food intake of a large number of families residing in topographically representative areas of the State, was investigated during the years 1940-43. The findings revealed that rice was the main cereal in the diet and coarser varieties of parboiled and homepounded rice was consumed by great majority of people. Fine milled rice and wheat were consumed in small quantities by a small section of the upper middle class and rich families. Other cereals used consisted of different types of millets, maize was occasionally consumed. The popular pulses were green gram, red gram and black gram. Horse gram was used mostly by poorer people and occasionally by middle class people. The non-leafy vegetables consumed consisted of brinjal, plantains, potatoes, colocasia tubers, beans, water lilly roots etc. Consumption of fruits was not a regular feature of the diet although certain amount of mangoes and jack fruits were eaten even by the poorer classes during season of glut. Mustard oil and gingelly oil were popular cooking fats and in hill tracts and forest areas mahua oil and sal oil were used. Groundnut oil was often used for making of sweet meats and savoury dishes. Fish was the most important flesh food consumed though mostly those of the smaller types were eaten. Sugar and jaggery were consumed in very small quantities.

West Bengal—A large number of diet surveys were carried out as early as 1938-40 and confined mostly to urban areas covering almost whole of the State. Unfortunately no detailed information could be made available except those of the eleven surveys reported.

*Baroda State**—The food intake of a group of 9 families of the agricultural classes residing in rural area of Navsari District in Baroda State was investigated. The cereals quota in the diets consisted of jowar and rice and the pulse used was tur dal or red gram. The cooking fat was groundnut oil and gingelly oil and the vegetables consisted of potatoes, brinjals etc. The families were strictly vegetarian. It has however been recorded by the person in charge of the enquiry that some of the families, in the particular village surveyed, had no objection to flesh foods but were forced to live on a vegetarian diet because eggs, fish, flesh or fowl were not locally available.

Bhopal State—In addition to a previous enquiry on the food intake of middle class families a group of 54 families picked up at random from various social classes consisting of high officials, textile workers, teachers, petty traders, unskilled labourers comprised the units for a dietary survey which was carried out in the city of Bhopal in August 1948. The Bhopal investigation differs basically from all the others in that the record of food intake was not made by weightment method. The details were collected by questioning the family members. According to the report wheat is the most popular cereal in the city. Lentils, green gram and red gram are the popular pulses. Vegetable oils did not find much favour and ghee was used as cooking fat in very small amounts along with vanaspati or hardened vegetable oil. Even in the small sample of families surveyed 7% did not consume any flesh food and ate vegetarian food not through any prejudice but by force of circumstances. The rationed quota of the cereal during enquiry was found to consist of an admixture of wheat, Bengal gram and jowar each 25%, lentil 18.7% and rice 6.3%.

Hyderabad State—Food intake of about 2,000 families has been surveyed in 20 urban and 128 rural areas of Hyderabad State. This survey has been carried out in areas where rationing was not in force. It may be noted here that rice is the most popular cereal in north eastern and southern portion of the State whereas jowar (cholam) is the staple cereal in the rest of it. A small amount of marua or ragi is also consumed. In the jowar eating areas a certain amount of wheat flour is also consumed.

The chief varieties of pulses taken are red gram and Bengal gram whilst a certain amount of vegetables such as amaranth, fenugreek, roselle, radish, carrot, and vegetable marrow are consumed. Groundnut oil and gingelly oil are the popular cooking fats. The amount of animal food taken is negligible and milk is hardly ever used. In both the cholam and rice eating areas other than the staple cereals the composition of the diet does not vary. The structure of diets shown is fairly representative of the State as a whole and the families surveyed include small scale cultivators, families residing in rural areas and those of certain sections of urban population following different vocations in life.

Kashmir State—A survey of a few poor class families in and around Srinagar was carried out in the autumn 1938. Rice is the most popular cereal both with the Hindus and Muslims. The results do not show any consumption of ghee but that of vegetable oil as cooking medium.

All the States previously ruled by Feudatory Chiefs have now merged into the Indian Union. Baroda State is now included into that of Bombay.

Mysore State—So far only two surveys comprising of groups of small cultivators families have been carried out in Mysore State in the year 1938. In this particular survey *ragi* or *marua* was found to be the most popular cereal consumed

Tehri-Garhwal State—This State has now merged in Uttar-Pradesh. Some years ago an enquiry into the food intake of 40 families residing in rural areas was carried out. Rice and wheat seem to be most popular cereal in the different parts of the State

Travancore State—The first survey in this State was carried out in 1939 and the investigation was confined only to 10 families of small cultivators. Subsequently food intake in 279 families was investigated during May to June 1946. The families were selected from different economic groups ranging from families having a monthly income from Rs. 50/ to those earning Rs. 200. A few of industrial workers families were also sampled. Rice is undoubtedly the most popular cereal and the average intake of pulses is about an ounce per head per day. Very little amount of ghee was used and the popular cooking medium is coconut oil. Flesh foods consist mostly of fish and there is evidence of certain amount of milk intake rising with the income of the family. The poorer class of people in this area supplement their cereal foods with the tuber tapioca and some times it replaces almost completely the cereal quota in the diet. This tuber is also made into various forms of curry

CLASSES OF FOODSTUFFS

A brief account of the characteristic features of dietary habits noticed during the surveys in different parts of India has been briefly enumerated in the preceding paragraphs. It is, however felt that short notes on each of the items under which the intake of foodstuffs have been classified may be helpful in a further clarification of the data presented

Cereals—It is evident to any casual observer that cereals constitute a major part of the diet in almost all the families surveyed, and this is true of the Indian dietary as a whole. The cereals contribute as much as 70 to 90 percent of the calories in the diet. The most popular cereal in India is of course, rice and next to it comes jowar or the great millet and wheat occupies the third place. This order of intake is found to coincide with the figures for internal production of each of the three crops. Since the time that import of wheat in increasingly large quantities was started in order to ward off cereal deficiency necessitated by stoppage of rice import from Burma, the consumption of wheat has certainly increased and it would be difficult to make any reliable estimate whether at the present day wheat or the millets occupy the second place as far as the respective magnitude of their total consumption in the Indian diet is concerned. Of the total amount of rice consumed in India a large proportion is of the parboiled type. In certain regions and amongst a few communities raw milled rice is preferred and eaten. Such a practice can be traced to either social or religious prejudices against parboiled rice. Paddy is either parboiled in large scale in the mills or in small quantities by the consumers themselves in their homes. Parboiled rice is a popular article of diet in Assam, West Bengal, Bihar, Orissa, coastal regions of Bombay and in the west coast and Tamil Nad (mostly with non Brahmins) in Madras. The cooking of rice is deemed as an art by the

housewives in certain communities and in others rice is cooked without any special care or effort. Ordinarily the water in which rice has been cooked is thrown away but amongst certain groups of population the rice water is not rejected. Cooking of rice into discrete and soft grains without throwing away the water in which it was boiled is a culinary art and actually practised by the families of certain communities. Amongst the aboriginals the semi-aboriginals and certain sections of poor class people rice is cooked more or less as sloppy meal and eaten with apparent relish. Wheat flour is made into unleavened bread or chappati. Chappatis are more popular in the northern portion of India than in the south and those who can afford the cost, smear hot chappatis with ghee before eating them.

The various types of millets, besides jowar or cholam consumed in this country are: bajra (*Pennisetum typhoideum*) marua or ragi (*Elousine coracana*) barley (*Hordeum vulgare*) Italian millet (*Setaria italica*) kutu or kutki (*Fagopyrum esculentum*) kodo (*Paspalum scrobiculatum*) sanwa (*Panicum miliare*) etc. Of these the first two are more in use than the rest, though certain amount of each is used as food in one part of the country or the other. Ordinarily the millets are either boiled to the consistency of porridge or else ground to flour for making chappatis. Sometimes millet flour is mixed with flours of one of the pulses to make into mixed chappatis. Amongst the millets the great jowar or cholam and small millet bajra are more popular than ragi or marua which is considered as poor man's food. Special mention may be made about Bhakar which is nothing other than thick chappatis made out of jowar flour or jowar and bajra, not rolled on pastry board but flattened with the pressure of palm on a hard surface or between the palms of the hands and baked either on a girdle pan or over direct log wood fire. In certain parts of the country maize is grown and consumed in the form of maize flour chappati. Dietary survey records have revealed that kutu, sanwa and kodo millets are also eaten but its use is confined to a small section of the population. In India all the millets grown are used both as food and fodder.

Pulses—It is evident from the record of the surveys that people in Northern India consume pulses in larger quantities than people in the South. It is very difficult to estimate the comparative popularity or figures for relative consumption of different pulses in any one State. Bengal gram, red gram, black gram, green gram, lentils and lathyrus are used in appreciably large amounts. In a small percentage of the families surveyed horse gram and cowpeas were found to be used as pulses. The pulses are ordinarily consumed in the form of a thick or thin gruel depending on the taste and food habits of the consumers. Some of pulse grains are often cooked in different kind of dishes, mainly as snacks. Bengal gram however has been found to be consumed either soaked, boiled or parched. Bengal gram flours prepared either from raw grains or from parched grains are used extensively the former being known as besan and the latter as sattu. From the figures available it appears that the daily intake of pulses per consumption unit may vary from less than $\frac{1}{2}$ oz. to about a little more than 4 oz., depending on the localities in which the families have been sampled. The protein from the pulses and the cereals constitute about 80% of the total protein intake of the population surveyed.

Vegetables—The intake of vegetables is very low as can be seen from the figures, and the average intake even in the same group of fami-

lies varies from season to season. This variability can be ascribed mainly to seasonal fluctuations in availability of different vegetables and the fluctuating price factor. For example with a popular vegetable like potato the price during scarcity seasons may be four times as much as that during the season of abundant supply. It has not been possible to calculate what percentage of the total vegetables consumed comprise of leafy vegetables, root vegetables and other vegetables but from the figures of intake it is noticed that in the majority of families of lower income group vegetables are more or less used as adjuvant possibly to swallow mouthful of cooked cereals and pulses.

Fats and Oils—The average intake of fats and oils is very low. The use of butter as spread on baked loaf or on unleavened bread or on chappatis is confined to upper middle class families. Visible fats in the Indian dietary are used mainly for cooking. As a general rule animal fats are not used as a cooking medium with the notable exception of butter fat, commonly known as ghee. Very few of the investigators have recorded separately the intake of ghee and vegetable oil because the amount of ghee intake in majority of the families is insignificant as compared to the intake of vegetable oil. Wherever individual figures for intake of ghee and vegetable oils were available they have been separately shown in the tables. Vegetable oils, of course, are used for cooking purposes and are rarely consumed in raw state except in chutneys, condiments etc. With the introduction of hydrogenated vegetable fat it has been noticed that the same is used as a spread over chappatis in a few of the comparatively well-to-do families but certainly such a practice cannot be accepted as either popular or uniform. Of the vegetable oil, use of mustard oil has been found to be popular in Bengal, Assam, Orissa, Bihar and eastern portion of Uttar Pradesh. Groundnut oil is popular over large areas where this nut is extensively cultivated. Gingelly or sesame oil is more popular in Madras State than anywhere else. The consumption of coconut oil is restricted to the west coast of the peninsula from Goa to the southern most point. In certain parts of Central Provinces (Madhya Pradesh) purified linseed oil is also used as a cooking medium.

Flesh Foods—The consumption of flesh foods is so low that it hardly deserves a special mention. The information contained in the tables, however, should not be interpreted to mean that all the groups of families, for which intake of flesh foods have not been recorded, are vegetarians. On account of dearth of supply and non availability of either meat, fish, eggs or fowl and poultry many non vegetarians are compelled more by circumstances than by inclination or instinct, to practice vegetarianism. Of the flesh foods, fish is certainly the most popular item over large tracts of the country. Special mention may be made, in this connexion, of the coastal belts, inland territories such as Assam, Bengal, Orissa and Bihar. Certain amount of dried fish is also eaten which, however, is not a very popular item of food even in families which consume flesh foods regularly. Low intake of dried fish is not as much due to its unavailability as to its lack of popularity. Consequently quite an appreciable amount of dried fish is exported abroad from some areas of the coastal belt of India. In Muslim families surveyed beef was found to be the most popular meat, being cheaper than any of the others. Amongst the different types of meat consumed goat's meat is certainly the most popular one over the whole of the country. Consumption of meat, other than that of goat or beef is very little. Poultry keeping as a profession is confined to limited areas of the country. Poorer classes

of aboriginal, semi aboriginal or muslim or christian families maintain poultry mostly for eggs. Poultry and eggs on account of their high prices and scarcity were never popular as non vegetarian foods. The average figures for daily consumption of flesh food per consumption unit, given in the appended tables do not indicate the size of intake either in the families or for any of the days, because this food has been consumed during the survey by a certain percentage of the families in the group and that also on certain days only. Thus a calculation of the average has reduced the quantity of actual intake per caput, beyond recognition.

Milk and milk products—Milk is certainly the most popular item of diet all over the country but unfortunately there is not enough of this precious commodity produced to go round. The intake of fresh whole milk as a drink in the lower middle class and poor class families is almost unknown. Even the producers do not retain enough milk for the consumption of their family members. Next to milk, dahi or curd is a very favourite item in the diet but prices of the curd and milk are usually beyond the reach of most of the families except as occasional luxuries in greater part of the country. It is a common practice in ordinary Indian homes to dilute the curd into drinks so that a small quantity of this valuable food may be partaken by a very large number. In certain parts of India milk is either curdled into *chhena* or thickened into *khos* for the preparation of popular sweets. Partly thickened milk known as *malai* is also sold in the market in some parts of the country and consumed by middle and lower class people as luxuries on festive occasions.

Condiments—This group of foodstuffs include spices such as turmeric, coriander rape seeds or rye, fenugreek seeds, chillies, black peppers and to a very small extent cloves, cardamum and even onion, garlic and tamarind. Except in a few aboriginal families surveyed where even cooking fat was not used, condiments are used to a very great extent all over the country probably because they can make the dishes attractive by improving the taste flavour and colour. Quite a good deal has been said by foreigners about the virtues and vices, more of the latter than of the former of hot curries, but the condiments used for making of curries contribute, howsoever little, their quota of minerals and vitamins in the curry and pulse gruel. Pickles, chutneys and achara are consumed in small quantities all over the country and they also have been included under this item.

Sugar and Jaggery—The intake of sachharine material has been found to increase with the increase in income. Jaggery or *gurh* is evidently consumed more by the poorer class families and sugar by the upper classes. This was the position before the Second World War but with the onset of food shortage and introduction of rationing, the intake of sugar has been very much restricted. Consequently surveys carried out after 1942 give no definite indication as to the trend of the dietary habits as far as this particular foodstuff is concerned. *Gurh* or jaggery however has been and continues to be an unrationed article. But the advantage of jaggery not being rationed has been offset by increase in prices.

Fruits and Nuts—Fruits and nuts are one of the items which are very much in short supply and as such the intake of this item is ordinarily negligible. In some of the surveys it may be noticed that an appreciable

amount of intake of fruits has been recorded. Possibly the survey period coincided with the glut in the market of any particular fruit in that locality. Mango, jack fruit, guava, jambo, plums, cucumbers, cucurbitous melons, water melons and bananas are some of the common fruits consumed during their respective seasons.

STRUCTURE OF DIETS

Amongst the poorer classes, who constitute about 80 percent or more of the total population in the country the basic diet structure is practically similar. The main variation is seen in the type of cereals used. Whatever minor variations have been observed during the surveys are due to slightly different conditions in the localities in which the surveys were carried out. It is very difficult to divide India into well demarcated zones on the basis of dietary habits alone. The surveys, however, lend certain amount of support to the prevalent belief that there are probably four types of zonal diets, rice diet in east, north-east and south, wheat diet in north-west and millet diet in west and in central parts of India and mixed cereal diets intervening in between and extending all over the Union. A large majority of the population in millet tracts depends on mixed cereal diets consisting of either rice and millets or wheat and millets. In certain parts of Bihar and Uttar Pradesh people take a combined rice and wheat diets. This is true for certain areas of Bombay State also. It has been noticed that with the increase in income the intake of fats and oils, sugar and milk and milk products increase. This is not always true of vegetables though there is a tendency to increased intake within certain limits. As a result of increase in the non-cereal quota in the diet the intake of cereals show a trend in negative correlation with the income, but this phenomenon could not be confirmed amongst some of the industrial groups of families surveyed. Probably increased intake of cereals amongst industrial population was necessitated by an enhanced demand for calories. With larger samples, however, a firmer trend in the correlation can possibly be expected. The broad fact should not be missed or ignored that pulses, vegetables and flesh foods are the three items which may yield variable values when the nutrient value of each diet is calculated. As far as pulses go most of them possess more or less similar nutrient composition and so this group is not likely to cause any appreciable swing in the nutritional value of diet even if calculated by different persons with dissimilar presumptions regarding the constitution of the pulse quota. We may afford to ignore the variability of the flesh foods quota owing to the extreme smallness of its size. But vegetables which cover the largest number of items may cause real swings in nutritional values if for example gourd or vegetable marrow is replaced by amaranth or potatoes during calculations by different computers.

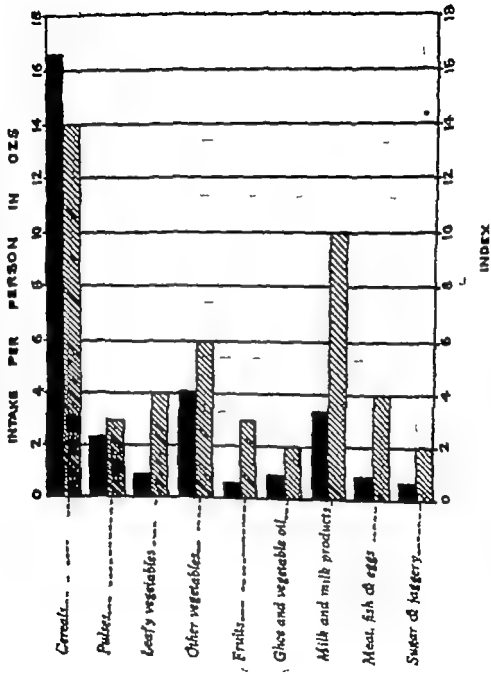
The total caloric value of none of the diets have been shown in the table for reasons discussed earlier in the text in connexion with the nutrient composition. The average calorie value for the majority of diets included in tables range between 2,000 and 3,000 though in an appreciable number of family groups it is below 2,000 and in a few it falls even below 1,500. On the other hand in an equally appreciable number of family groups, the calorie value has been reckoned at more than 3,000 and even beyond 3,500 in a few instances. A consideration of calorie values based on the weight of raw food brings in its trail an important question what should be the magnitude of kitchen waste and

- (a) those not consuming any particular foodstuff,
- (b) those consuming particular foodstuffs but with the average intake being below the desired level, and
- (c) those consuming particular foodstuffs upto the desired level or above.

It appears that two-thirds of the families did not consume any fruits and nuts at all. About one third of the families did not consume sugar and jaggery or meat, fish or flesh foods, and a quarter of the family groups did not consume milk and milk products or leafy vegetables. Again amongst the groups of families consuming particular foodstuffs, the intake of leafy vegetables, other vegetables, ghee and vegetable oil, and pulses was below the desired or recommended level. Only in about one fifth of the groups of families surveyed was the intake of pulses and other vegetables up to the recommended level. Though any generalisation on the data presented is not desirable for reasons more than one, yet it may be stated that in about four fifths of the families surveyed the intake of protective foods was either full or below standard.

SOURCE OF INFORMATION

The records pertaining to the results of Diet Surveys presented in this volume have been obtained mostly from the Health Directorates on the different States and from other nutrition workers. Some of the surveys have been published in the scientific journals and a reference to such journals has been made in the list below. The results of the surveys incorporated in this report include all investigations carried out up to and including October 1948.



KASHMIR

Wilson, D C & Widdowson, E.M. (1942) Ind J Med. Res. Mem. No 34
(Survey No 2)

PUNJAB

Ahmad & Gore (1938) Ind J Med. Res., 26, p 155
(Survey Nos. 1 2, 3, 4 & 11)

Punjab Public Health Department—Report on an Inquiry into the State
of Nutrition and Health in Kangra Valley 1939
(Survey Nos. 7 8 9 10)

Wilson, D C & Widdowson, E.M. (1942) Ind J Med. Res. Mem. No 34
(Survey Nos. 12, 13)

HYDERABAD

Wilson, D C & Widdowson, E.M. (1942) Ind J Med. Res. Mem. No 34
(Survey No 11)

Davar & Ahmad (1942) ibid 30 p 581
(Survey Nos. 19 20 21, 22, 23 24)

TRAVANCORE

Krishnan, B G (1939) Ind J Med. Res., 26 p 901
(Survey No 34)

DELHI STATE

Shourie K.L. (1939) Ind. J Med. Res. 26, p 907
(Survey Nos. 1, 2, 3)

COORG

Bhave P.D & Bopaiya, M.S., (1942) Ind. J Med Res. 30 p 53
(Survey No 1)

GLOSSARY OF TERMS

Barley	=	<i>Hordeum vulgare</i>
Bayre or cambu	=	<i>Pennisetum typhoideum</i>
Cholam or Jowar	=	Great millet or <i>Sorghum vulgare</i>
Cowpeas	=	<i>Vigna catieng</i>
Khuchri	=	Rice and pulse cooked together
Kodo millets	=	<i>Paspalum scrobiculatum</i>
Mahua	=	<i>Bassia latifolia</i>
Maize (tender)	=	<i>Zea mays</i>
Millets (Italian)	=	<i>Setaria italica</i>
Ragi or Marua	=	<i>Eleusine coracana</i>
Rice	=	<i>Oryza sativa</i>
Sanwa miller	=	<i>Panicum crusgalli</i> var <i>fruman taceum</i> .
Tapioca	=	<i>Manihot utilisima</i>
Wheat	=	<i>Triticum vulgare</i>
Sattu	=	Parched and powdered barley gram or pea
Bengal gram	=	<i>Cicer arietinum</i>
Black gram (Und)	=	<i>Phaseolus mungo</i>
Green gram (Moong)	=	<i>Phaseolus radiatus</i>
Red gram (Rahar)	=	<i>Cajanus indicus</i>
Horse gram or kurchi	=	<i>Dolichos biflorus</i>
Lathyrus (Khesari)	=	<i>Lathyrus sativa</i>
Lentils (masoor)	=	<i>Lens esculenta</i>
Amaranth	=	<i>Amaranthus gangeticus</i>
Brimjal	=	<i>Solanum melongena</i>
Colocasia (tuber)	=	<i>Colocasia antiquorum</i>
Cucumber	=	<i>Cucumis Sativus</i>
Plantains	=	<i>Musa paradisiaca</i>
Peas	=	<i>Pisum sativum</i>
Reddish carrot	=	<i>Daucus carota</i>
Roselle	=	<i>Hibiscus sabdariffa</i>
Sweet potato	=	<i>Ipomoea batatas</i> .
Vegetable marrow	=	<i>Cucurbita pepo</i>
Groundnut	=	<i>Arachis hypogea</i>
Gingelly seeds	=	<i>Sesamum indicum</i>
Linseed	=	<i>Linum usitatissimum</i>
Mustard seeds	=	<i>Barassica juncea</i>
Chhena	=	Heat curdled milk
Khoa	=	Oven dried milk.
Malai	=	Thickened milk; cream
Black peppers (dry)	=	<i>Piper nigrum</i>

Cardamom	=	<i>Elettaria cardamomum</i>
Chillies green	=	<i>Capsicum annum</i>
Chillies (dry)	=	-do-
Chutneys	=	Sweet and sour pickled or preserved fruits.
Cloves	=	<i>Eugenia caryophyllata</i>
Coriander	=	<i>Coriandrum sativum</i>
Fenugreek (seeds)	=	<i>Trigonella foenumgraecum</i>
Garlic	=	<i>Allium sativum</i>
Onion	=	<i>Allium cepa</i>
Turmeric	=	<i>Curcuma longa</i>
Tamarind	=	<i>Tamarindus indicus</i>
Banana	=	<i>Musa sapientum</i>
Guava (country)	=	<i>Psidium guaya</i>
Jack fruit	=	<i>Artocarpus integrifolia</i>
Jambo	=	<i>Eugenia jambos</i>
Mango	=	<i>Mangifera indica</i>
Water mellons	=	<i>Citrullus vulgaris</i>
Water chestnut	=	<i>Trapa bispinosa</i>

ABBREVIATION

1. Poor Ag. Lab. Class.	=	Poor Agricultural Labour Class
2. M.I.	=	Monthly Income.
3. Abor Ag.	=	Aboriginals Agriculturists.
4. Ct. M. Workers.	=	Cotton Mill workers.
5. Sl. Hostel.	=	School Hostel.
6. Mid. Class Log. & B House.	=	Middle Class Lodging and Boarding House.
7. Cons.	=	Consumption.
8. G.B.H.	=	Girls Boarding House
9. B.B.H.	=	Boys Boarding House
10. G.B.S.	=	Girls Boarding School.
11. B.B.S.	=	Boys Boarding School.
12. G.T.S.	=	Girls Training School.
13. C U	=	Consumption Unit.

DIET SURVEY

AJMER MERWARA			
State	Ajmer		
District			
Locality			
Survey No.	- - - 1 - - -	- - - 2 - - -	- - - 3 - - -
Urban or Rural No. of families No. of persons No. of days of survey	Rural - 24 127 7	Rural 19 99 7	Rural 23 114 7
Season	"	"	"
Economic Status etc.	Famine Camp at Gagal	Famine Camp at JawaJa	Famine Camp at Bijaina

FOODSTUFF Oza. per consumption unit per day			
Rice	(mainly wheat) 29.8	(mainly wheat) 30.3	(mainly wheat) 30.1
Wheat			
Millet			
Other Cereals			
Pulses	0.5	0.6	0.8
Leafy vegetables			
Other vegetables	0.1	0.6	0.8
Fruits			
Ghee & vegetable oil		0.03	
Milk and milk products		1.5	
Meat, fish, eggs,			
Sugar and Jaggery			
Condiments			

State	ASSAM					
District	Nowgang		Kamrup	Gaubhati	Cachar	Jorhaut
Locality	Burrapahar Tea Estate	Chalimkhowsaon of Burrapahar area	Polashan			
Survey No.	1	2	3	4	5	6
Urban or Rural	Rural	Rural	Rural	Urban	Rural	Rural
No. of families	6	4	12	One mess	37	35
No. of persons	15	30	93	110		
No. of days of Survey	8 days for each family	8 days for each family	7 days for each family	7 days only	21	21
Season	March 1948	March 1948	June 1947	Last week of Jan. and 1st week of Feb 1948		March April, 1948
Economic status etc	Tea garden lab. works 6 days a week, Rs. 3/ to 5/ a week	Cultivators of Paddy and vegs tables, earning Rs. 20/ to 40/ p.m.	Income varies from Rs. 60/ to Rs. 120/ Income varies in different seasons	Student of the cotton college Monthly mess does for 2 meals and 2 trifles in Rs. 30/	Industrial lab. earning Rs. 8/- to 10/ p.m.	Tea Plantation labourers.

FOODSTUFF Oza. per consumption unit per day

	22-8	19-9	16-5	18-8	19-0	19-4
Rice	--	--	0-57	2-2		--
Wheat	--	--		--		--
Millers	1-0					0-9
Other cereals	1-4		2-41	4-03	1-0	0-8
Pulses	1-0	1-7	3-48	3-41	0-2	4-4
Leafy vegetables	--	--	2-19	--	--	--
Other vegetables	4-0	4-4	2-14	15-1	3-4	--
Fruits	--	--				--
Ghee and vegetable oil	0-42		1-0	1-5	0-3	0-3
Milk and milk products	1-1		1-91	0-91	0-5	--
Meat, fish, eggs	0-63	1-37	1-4	3-0	--	0-7
Sugar and Jaggery	0-03	--	0-95	0-92	0-2	--
Condiments	0-52	--	0-37	0-45	--	--

BIHAR

State

District

Local ty

Survey No.

Urban or Rural
No. of families
No. of persons
No. of days of survey

Season
Economic status etc.

Patna

1

62 hostels
1238
10

Nov Dec. '37
Students.
Monthly
charges
Rs. 9/8/
to Rs. 11/8/

Arthawan

2

Urban
104
877
5

Mar Apr. 44
Poor
Muslim
families.

Mokamah

3

Rural
81
720
10

Sep. 45
High Class Hindu families
practising agriculture.

Paliganj

4

Rural
70
633
10

July Aug. 45
Hindu families
practising agriculture.

Bikram

5

Rural
10
88
10

July August, 1946
Adiv families
practising
agriculture
and doing
farming.

Sarmara

6

Rural
31
157
10

September Dec. 47
Poor Agricultural labourers
getting 3 to 4 seers
corn per
adult, per day

Patna

7

Rural
25
135
10

September Dec. 47
Poor Agricultural labourers
getting 3 to 4 seers
corn per
adult, per day

FOODSTUFF Oza. per consumption unit per day

Rice

Wheat

Millets

Other cereals

Pulses

Leafy vegetables

Other vegetables

Fruits

Ghee and vegetable oil

Milk and milk products

Meat, fish, eggs

Sugar and Jaggery

Condiments

161

38

18

150

02

23

32

20

.

190

41

06

55

07

13

17

09

288

49

12

11

01

11

08

06

2379

58

01

63

035

08

937

186

094

3001

574

01

24

01

133

002

16

1802

643

004

16

12

03

01

06

2143

688

25

074

01

07

031

087

031

2617

301

25

115

.

.

004

007

*Negligible amount.

Diet Survey

BIHAR

State		Patna						
District		Patna		Bikrampur and Pailganj		Sermara		Silbanda
Locality								
Survey No.		9	10	11	12	13	14	15
Urban or Rural		Rural	Rural	Rural	Rural	Rural	Rural	Rural
No. of families		120	9	20	24	25	25	25
No. of persons		10	55	91	171	135	150	150
No. of days of survey		10	10	10	10	10	10	10
Season		July Aug. 46	July Aug. 46	July Aug. 1946	July 48	July 48	May June, 1948	
Economic status etc.		Upper Middle class income /8/ per c.u.	Poor Ag. Lab. Class practising small hand work.	Poor Hindu families.	(resurvey) Poor families.	(resurvey) Poor families.	(resurvey)	
FOODSTUFF Oza. per consumption unit per day								
Rice		18	19.59	13.44	14.80	17.33	7.69	12.66
Wheat								
Millet								
Other cereals								
Pulses		4.1	3.4	2.9	14.94	11.61	8.42	9.05
Leafy vegetables		1.2	0.07	0.03	1.62	0.69	0.63	0.49
Other vegetables		5.9	2.45	1.33	1.19	1.79	0.99	0.88
Fruits		0.6			0.38	1.51	0.94	0.26
Ghee and vegetable oil		1.8	0.18	0.15	0.20	0.47	0.12	0.08
Milk and milk products		4.1			0.41	1.92	0.27	0.07
Meat, fish, eggs		3.7	0.01	0.48	0.72	1.41	0.19	0.69
Sugar and Jaggery		0.6						
Condiments		1.8	1.93		1.19	1.71	0.67	0.76

Diet Survey

BIHAR

State	BIHAR								
District	Darbhanga				Palamau				
Locality	Bempatti Khajauli		Madhepur		Daltonganj				
Survey No.	16	17	18	19	20	21	22	23	
Urban or Rural	Rural	Rural	Rural	Rural	Rural	Rural	Rural	Rural	
No. of families	144	24	100	21	25	25	25	25	
No. of persons	783	104	666	102	136	121	170	119	
No. of days of Survey	10	10	10	10	10	10	10	10	
Season	Apr. July 43	May June, 47	May June 47	May June, 47	Sept. 46	Sept. 46	April May 47	April & May 1947	
Economic status etc.	High Class Hindu families practising agri- culture.	Shudra families practising agri- culture and small trade	Poor peasants cultivators daily income 2.6 as per cu.	Poor Ag. lab. getting wages in grain.	Poor Agr. labourers getting 3 to 4 annas of corn per audia.	Abor lab.	Abor Dhangar families practicing agri- culture.	Abor Phlian families mainly labourers.	

FOODSTUFF Oza. per consumption units per day

	180	1920	164	807	1908	163	1578	1151
Rice								
Wheat								
Millers								
Other cereals	669	324	53	999	160	044	1393	1292
Pulses	077	15	02	194	002	018	109	105
Leafy vegetables	35	17	64	"	23	43	11	"
Other vegetables	1071	11		179			071	
Fruits	012	028	03		018	024	"	"
Grass and vegetable oil	214	045	12		"	"	"	"
Milk and milk products	156	156	16	241	"	"	14	55
Meat, fish, eggs	084	084	01	239	"	"	074	057
Sugar and Jaggery				024	"	"	"	"
Condiments	014	086	05		"	"	"	"

Negligible.

WITH A P

District	Hazaribagh	Manbhum									
Locality	Hazaribagh	Jharra Coal Fields									
Survey No.	24	25	26	27	28	29	30	31	32		
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban
No. of families	220	37	41	42	74	26	59	58	12		
No. of persons		260	222	210	284						
No. of days of survey		10	10	10	10						
Season	Apr.-Oct. 46	December 1959					October November 43. October 1943				
Economic status etc.	Students of re-formatory School monthly charges between Rs 9/6/- & 11/6/-	Mine Work-Mine Work-ers income Rs 30/ p.m. Rs 50/ p.m. Rs 30/ p.m.					Mine Work-ers income Rs 15/ to less than Rs 15/				

FOODSTUFF: Oz. per consumption unit per day

	3.01	69	22.8	27.4	23.6	23.41	23.73	21.79	21.09
Rice									
Wheat									
Millet									
Other cereals									
Pulses	1.3	3.9	4.0	3.9	4.2	2.97	3.13	2.52	2.82
Leafy vegetables	1.23	1.4	0.9	1.1	2.5	1.46	1.38	1.83	1.42
Other vegetables	1.1	9.1	7.0	3.6	1.9	2.56	3.95	3.99	4.98
Fruits		2.6	0.9	0.1					
		2.1	1.3	0.7					
Ghee and vegetable oil	0.08				0.5	0.39	0.99	0.63	1.59
Milk and milk products	0.26	10.2	6.3	1.6	0.4	0.08	0.46	0.52	2.66
Meat, fish, eggs	0.34	2.3	1.7	1.2	1.4	0.47	0.63	9.91	0.65
Sugar and jaggery	0.30	1.1	1.0	0.4	0.3		0.1	0.1	0.58
Condiments	0.018	0.7	1.0	0.4	0.6	0.39	0.39	0.35	0.35

Northridge

BIHAR

State

District	Manbhum		Singhbhum					
Locality	Jhalda		Jamshedpur					
Survey No.	41	42	43	44	45	46	47	
Urban or Rural	Rural	Rural	Rural	Urban	Urban	Urban	Urban	
No. of families	88	75	27	110	35	19	13	
No. of persons	416	458	115	479	177	116	73	
No. of days of survey	10	10	10	15	15	15	15	
Seasons	During Summer and Rainy seasons, 1941			J	U	L	Y	1938
Economic status etc.	Ag. Lab. Income annas 124 per c.u. per day	Income as 0.78 per c.u. per day	Ag. Lab. Income annas 2.24 per c.u. per day	Industrial workers				Income over Rs. 90/ p.m.
		Agriculturists		Ra. 30/ p.m.	Ra. 45/ p.m.	Ra. 90/ p.m.		

FOODSTUFF Oza. per consumption unit per day

Rice	22.7	20.7	23.5	23.9	24.4	22.1	21.0
Wheat	0.5	0.5	0.6	2.4	3.1	3.2	3.4
Millet	1.1	0.8	0.9	1.2	1.0	0.3	0.1
Other cereals	0.4	0.2	0.6	2.3	2.7	5.5	6.2
Pulses	0.04	0.03	0.1	0.1	0.3	0.9	0.9
Leafy vegetables	0.12	0.14	0.1	0.5	0.8	1.3	1.8
Other vegetables	0.06	0.1	0.1	0.5	0.7	2.6	5.7
Fruits	0.18	0.16	0.15	0.2	0.3	1.3	1.6
Ghee and vegetable oil				0.7	1.0	0.7	0.8
Milk and milk products						1.6	1.6
Meat, fish, eggs							
Sugar and Jaggery							
Condiments							

Negligible

State

FOODSTUFF Oza, per consumption unit per day

***Nedible**

Diet Survey

BIHAR

State

District

Locality

Survey No.

Urban or Rural
No. of families
No. of persons
No. of days of survey

Season

Economic status etc.

Santal Parganas

Mahulbana
Kusabehra
Amrapara

Bhaga

Mahulbana
Amul

October 1938 to March 1939

Aboriginal Tribes Practising Agriculture.

Gomohar
Boropahar
Chandah
Amalwala

Jalkuri
Chocapa
Khara
Siddhant

61

Rural
Rural
Rural
Rural

Oct. & Nov 1943

A recovery Aboriginals
practising Agriculture.

FOODSTUFF Oms. per consumption unit per day

Rice

Wheat

Millers

Other cereals

Pulses

Leafy vegetables

Other vegetables

Fruits

Ghee and vegetable oil

Milk and milk products

Meat, fish, eggs.

Sugar and Jaggery

Condiments

162

0.4

2.0

0.5

..

0.2

0.2

0.1

0.1

..

..

20.1

0.6

2.0

0.5

..

0.2

0.1

0.1

..

..

19.3

0.2

1.6

0.8

..

0.2

0.1

0.1

..

..

20.4

0.8

1.6

0.7

..

0.2

0.1

0.1

..

..

13.1

0.5

0.9

0.3

..

0.1

0.1

..

..

..

14.9

3.9

0.4

2.2

0.1

..

..

..

..

..

13.56

0.14

1.75

0.36

..

0.06

..

..

..

..

10.63

2.51

0.11

..

..

..

..

..

..

..

Diet Survey

BIHAR

Santhal Parganas

Survey No.	64	65	66	67	68	69	70	71
Urban or Rural	Rural	Rural	Rural	Rural	Rural	Rural	Rural	Rural
No. of families	23	20	23	26	35	25	17	17
No. of persons	5	1670	5	5	5	461	5	117
No. of days of survey	5	5	5	5	5	5	5	5
Season	October & November 1943							
Economic status etc.	Of survey Nos. 56 — 61 was undertaken to study the effects of rise in prices and scarcity of foodstuffs. Pulhais Ab tribes.							
	Above table practising agriculture.							

FOODSTUFF Osa. per consumption unit per day

Rice	14 12	18 90	24 30	11 30	15 79	20 20	7 40	5 27
Wheat								
Millets								
Other cereals								
Pulses	1 18	0 32	0 15	0 15	0 26	0 64	1 74	0 56
Leafy vegetables	"	1 1	3 72	2 30	0 24	0 01	0 26	0 72
Other vegetables	"	0 22	0 13	0 38	1 04	2 44	"	"
Fruits	"	"	"	"	"	"	"	"
Grass and vegetable oil	"	"	"	"	"	"	"	"
Milk and milk products	"	0 1	0 07	"	0 06	0 15	"	"
Meat, fish, eggs	"	"	"	"	0 62	0 23	"	"
Sugar and Jaggery	"	"	"	"	"	"	"	"
Condiments	"	"	"	"	1 04	0 12	"	"

Negligible

BIHAR

District	Santhal Pargana	Gaya				Ranchi		Saran
Locality		Gaya District	Ghoshil	Jehanabad	Khunti	Kuru & Ghaghra	Ekma	
Survey No.	72	73	74	75	76	77	78	79
Urban or Rural No. of families No. of persons No. of days of Survey	Rural 81 308 10	Rural 143 1124 10	Rural 20 10	Rural 60 248 10	Rural 146 1076 "	Rural 71 373	Rural 120 619	Rural 80 62 "
	March 38, Oct. Nov. Dec. 1943		Dec. 42	Dec. 42	Dec. 42	Aug.-Sept. 44	June-July 44	April May 46
	Poor weavers & cultivators income 17 a. per c. u. per day		Lower middle class labour income as 52 per c. u. per diem.	Middle class Muslims income 7.5 a. per diem per c. u.	Poor Ag. Lab. getting daily wages in grain	High class Hindu families practising agriculture.	Poor Ag. Lab.	Poor Ag. Lab.
Economic status etc.								

FOODSTUFF Oza. per consumption unit per day

	202	200	232	186	235	262	161	2185
Rice								
Wheat								
Millers	07	60	62	04	42	12	01	665
Other cereals	03	07	07	28	090	17	18	024
Pulses	12	35	47	18	56	224	004	299
Leafy vegetables								
Other vegetables								
Fruits								
Ghee and vegetable oil	02	08	09	005	05	009		008
Milk and milk products	04	33	43		77			053
Meat, fish, eggs	05	17	15	06	002	004		533
Sugar and Jaggery		04			017	011		005
Condiments	03	11	12	...	015	0002	001	067

Diet Survey

State BIHAR

State	District	Saran	Purnea	Shahabad
Locality	Locality	Purnea	Purnea	Shahabad
Survey No.	80	81	82	84
Urban or Rural	Rural	Rural	Rural	Rural
No. of families	30	80	60	55
No. of persons	231	720	10 days	318
No. of days of survey	10 days	10 days	10 days	10 days
Season	October '39	Nov. '39	Feb. Mar. '43	Feb. Mar. '43
Economic status etc.	Rajput families possessing fields practising agriculture	Upper middle class income 92 as. per diem per cu.	Poor cultivators 37 as. per diem per cu.	Cultivators income as. 37 per cu. per day
				Lower Middle Class incomes 52 as. per cu. per diem

FOODSTUFF Oza. per consumption unite per day

	24 72	22-3	22-6	23-8	18-6
Rice					
Wheat					
Millet					
Other cereals					
Pulses	3-6	4-8	6-8	0-8	2-8
Leafy vegetables	0-02	0-3	2-2	2-4	2-8
Other vegetables	4-63	4-6	0-9	2-6	2-3
Fruits		0-3	4-6	1-3	0-9
Grasses	0-49	1-3	0-2	0-3	
Vegetable oil					
Milk and milk products	4-37	5-2	1-1	0-1	1-1
Meat, fish, eggs		3-7	1-6	1-3	2-7
Sugar and Jaggery	0-01	0-9	0-2	0-1	0-3
Condiments	0-54	1-4	0-8	0-2	1-3

Diet Survey

BIHAR

State	BIHAR					
District	Darbhanga	Munbhum		Singhbhum	Santhal Parganas	
Locality	Babera	Bugamundi	Coal field area	Coal field area	Santhalia & Khawwan Estate	Mahulbana.
Survey No.	85	86	87	88	89	90
Urban or Rural	Rural	Rural	Rural	Rural	Rural	Rural
No. of families	28	10	20	25	200	5
No. of persons	280	29	231	110	1045	23
No. of days of survey	10	10	10	10	10	10
Season	Oct Nov 1948	June July 41	July September 1948	Aug-Sept. 48	Oct. 1938-39	Oct. 1938-39
Economic status etc.		Practising Ag. Income 372 as per C.A.	Coal field workmen.	Coal field Labourers.	Abor Practising Ag.	Abor Practising Ag.

FOODSTUFF Oms per consumption unit per day

Rice	25.57	24.0	22.52	26.65	29.37	18.4
Wheat						
Millet						
Other cereals	3.29	0.8	4.74	5.94	0.68	1.1
Pulses	0.39	1.4	0.14		3.30	0.3
Leafy vegetables	1.61	0.3	2.19	3.18	0.31	0.5
Other vegetables						
Fruits	0.07	0.06	0.52	0.37	0.09	
Ghee and vegetable oil						
Milk and milk products	0.30	0.10	0.87			
Meat, fish, eggs	0.99	0.24	1.01	2.24	0.40	
Sugar and Jaggery						
Condiments	0.13	0.18	1.02	0.71	0.08	

Diet Survey

BOMBAY

State	Broach								Kaira
District	Broach City								Anand
Locality	1	2	3	4	5	6	7	8	
Survey No	1	2	3	4	5	6	7	8	
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban
No. of families	36	45	50	30	7	10	200	60	
No. of persons	---	---	---	---	---	---	---	---	
No. of days of survey	Feb. 47	Feb. 47	Feb. 47	Feb. 47	Feb. 47	Feb. 47	Feb. 47	Feb. 47	
Season	Students (Middle Class)	Students (Middle Class)	Students (Poor Class)	Students (Poor Class)	Poor Juvenile Offenders	Backward Class Hostel (Poor)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)
Economic status etc.	---	---	---	---	---	---	---	---	---

FOODSTUFF Oza. per consumption unit per day

	1	2	3	4	5	6	7	8
Rice	4.0	4.0	3.2	4.4	1.6	1.6	5.9	3.9
Wheat	3.3	6.1	7.1	4.8	1.7	7.3	3.2	5.9
Millers	---	---	---	---	---	---	---	---
Other cereals	4.0	3.6	1.8	2.4	4.8	6.3	1.8	1.7
Pulses	0.75	1.0	2.2	3.3	2.8	0.9	5.3	3.0
Leafy vegetables	3.5	4.3	3.4	0.4	8.7	1.0	1.0	2.2
Other vegetables	---	---	---	---	---	5.3	7.0	3.6
Fruits	1.3	1.1	1.4	1.5	0.8	0.9	2.6	2.4
Grass and vegetable oil	3.5	1.5	6.2	5.7	4.4	2.6	4.0	1.6
Milk and milk products	0.6	0.3	---	---	---	---	---	---
Meat, fish, eggs	0.5	0.75	1.1	1.5	0.9	---	1.3	1.9
Sugar and jaggery	---	---	---	---	---	---	---	---
Condiments	---	---	---	---	---	---	---	---

Diet Survey

BOMBAY

District	Kaira				Surat			
Locality	Anand		Borad		Surat			
Survey No.	9	10	11	12	13	14	15	16
Urban or Rural	Urban	Urban	Urban	Rural	Urban	Urban	Urban	Urban
No. of families	60	75	200	90	110	80	45	40
No. of persons								
No. of days of survey								
Season	Feb. 47	Feb. 47	Feb. 47	Feb. 47	Dec. 46	Dec. 46	Dec. 46	Dec. 46
Economic status etc.	Students (Lower Middle Class)	Students (Poor Class)	Students (Middle Class)	Students (Lower Middle Class)	Students (Lower Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Backward Class) (Hostel Poor)

FOODSTUFF Oza. per consumption unit per day

	29	35	26	41	32	34	33	31
Rice	53	30	45	36	49	48	34	16
Wheat				40				
Millet	04	13	20	39	32	26	55	70
Other cereals	48	20	37	17	34	47	57	40
Pulses	15		20	46	06			08
Leafy vegetables	45	27	80		46	38	40	23
Other vegetables								
Fruits								
Ghee and vegetable oil	12	02	06			18	18	09
Milk and milk products	785	08	80	78	18	69	155	20
Meat, fish, eggs		06		05				
Sugar & jaggery	075	06	13	02	11	16	056	04
Condiments								

Diet Survey

BOMBAY

State	BOMBAY			
District	Surat			
Locality	Surat			
Survey No.	17	18	19	20
Urban or Rural — No. of families No. of persons No. of days of survey	Urban — 80	Urban — 35	Urban — 47	Urban — 150
Season	Dec. 46	Dec. 46	Dec. 46	Dec. 46
Economic status etc.	Students (Middle Class)	Students (Middle Class)	Students (Lower Middle Class)	Students (Charitable Poor)

FOODSTUFF Oza. per consumption unit per day

	1	32	33	39	40	37
Rice		32	33	39	40	37
Wheat		53			50	74
Millers						"
Other cereals		27	20	20	24	59
Pulses		40	18	18	22	03
Leafy vegetables		04				46
Other vegetables		50	60	60	67	
Fruits						10
Ghee and vegetable oil		14		30	12	28
Milk and milk products		88	62		54	28
Meat, fish, eggs						15
Sugar & Jaggery		127	14	14	11	10
Condiments			11			09 (extra)

Diet Survey

BOMBAY

Ahmedabad

Ahmedabad

Survey No.	21	22	23	24	25	26
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban
No. of families	91	14	70	30	55	78
No. of persons						
No. of days of survey						

February, 1947

Season	Students (Lower Middle Class)	Students (Lower Middle Class)	Students (Lower Middle Class)	Students (Backward Class Hostel Poor)	Students (Backward Class Hostel Poor)	Students (Poor)
Economic status etc.						

FOODSTUFF Oza. per consumption unit per day

Rice	43	32	40	40	37	43
Wheat	60	56	73	62	53	37
Millers						
Other cereals	24	28	43	28	40	10
Pulses	56	45	03	03	23	22
Leafy vegetables		017			34	12
Other vegetables		19			20 (nuts)	40
Fruits		01			08	
Greens and vegetable oil	08	18	08	14	08	15
Milk and milk products	40	31	05	50	06	45
Meat, fish, eggs						
Sugar and Jaggery	07	05	02	077	035	13
Condiments						

Diet Survey

BOMBAY

Ahmedabad

State	Ahmedabad				
District	Ahmedabad				
Locality	Ahmedabad City				
Survey No.	27	28	29	30	31
Urban or Rural	Urban	Urban	Urban	Urban	Urban
No. of families	45	122	51	177	55
No. of persons					
No. of days of survey					
Season	February 1947				
Economic status etc.	Students Juvenile Offenders (Poor)	Rescue Home Orphanage (Poor)	Special Schools (Poor)	Students (Middle Class)	
				February 1948	

FOODSTUFF OZ per consumption unit per day

	30	21	32	12	11	17
Rice	82	68	53	63	45	30
Wheat						
Millers	08	22	28	28	35	50
Other cereals	20	17	15	18	25	31
Pulses	10	40	45	20	03	83
Leafy vegetables	50	10	05	161	170	116
Other vegetables					09	65
Fruits					09	31
Ghee and vegetable oil	02	15	17	31	35	124
Milk and milk products	10	75	80	145	126	20
Sugar and Jaggery	10	06	14	06	09	
Meat, fish, eggs						
Condiments						

Diet Survey

State	BOMBAY									
District	Ahmedabad				Nasik					
Locality	Subraman	Virgam			Nasik					
Survey No.	33	34	35	36	37	38	39	40		
Urban or Rural	Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban		
No. of families	53	40	15	57	45	50	35	175		
No. of persons										
No. of days of survey										
Season	Feb. 48	Jan. 48	Jan. 48	Mar. 47	Mar. 47	Mar. 47	Mar. 47	Mar. 47		
Economic status etc	Students (Backward Class) Hostel	Students (Lower Middle Class)	Backward Class Hostel (Students)	Students (Lower Middle Class)	Students (Backward Hostel) Poor	Training Centre (Lower Middle Class)	Backward Class Hostel (Poor) Students	Training College and High School Students (Lower Middle Class)		

FOODSTUFF OHS per consumption unit per day

Rice	36	22	04	17	31	45	30	30
Wheat	27	36	132	14	07	16	10	10
Millers								
Other cereals	26	68		98	75	158	69	144
Pulses	32	13	04	28	56	63	16	21
Leafy vegetables	14	12	28	08	054	07	14	
Other vegetables	50	42	71	21	37	94	10	26
Fruits	37			04	04		16	08
Ghee and vegetable oil	11	16	11	07	15	14	03	
Milk and milk products		80	73	20		007		
Meat, fish, eggs	46					12		
Sugar and jaggery	09	09	03	10	07	08		
Condiments				08 (extra)				

Diet Survey

BOMBAY

District	Nasik		Thana				
	Nasik	Mansad	Bordi			Bhikwadi	Bordi
Locality							
Survey No	41	42	43	44	45	46	48
Urban or Rural	Urban	Urban	Semi Urban	Semi Urban	Semi Urban	Semi Urban	Semi Urban
No. of families	25	143	75	28	30	25	100
No. of persons							
No. of days of Survey							
Season	Mar. 47	Mar 47	Dec. 47	Dec. 47	Dec. 47	Dec. 47	Dec. 47
Economic Status etc	Students (Middle Class)	Students (Poor)	Students (Lower Middle Class)	Training Centre Govt. Stipendiary	Backward Class Hostel Students (Poor)	Training Centre (Govt. Stipendiary)	Students Middle Class

FOODSTUFF OZ. per consumption unit per day

	16	14	46	95	17	41	64	66
Rice	16	14	46	95	17	41	64	66
Wheat	17	12	13	02	36	08	53	09
Millers								
Other cereals	74	79	60	61	31	55	55	55
Pulses	39	30	54	28	32	27	58	40
Leafy vegetables	07		12	05	21	11		18
Other vegetables	31	29	30	12	26	40	33	77
Fruits	156	07		01	033	02	03	13
Ghee and vegetable oil	09	03	09	11	03	06	12	16
Milk and milk products	11	13	59	41	13	80	12	110
Meat, fish, eggs		18			11	12	17	
Sugar & Jaggery	04	04	09	10	12		08	12
Condiments			80(Neera)					

State

District	East Khondak	Panch Mahala	Broach	
Locality	Bhusaval	Chalisgaon	Godhra	Sortet
Survey No.	65	66	67	68
Urban or Rural	Urban	Urban	Urban	Urban
No. of families	26	46	36	16
No. of persons				
No. of days of survey	Oct. 47	Oct. 47	July 47	July 47
Season	Students Backward Class Hostel (Poor)	Students Backward Class Hostel (Poor)	Students Backward Class Hostel (Poor)	Students Backward Class Hostel (Poor)
Economic status etc				

[illegible]

Table 0-3 is milk powder

Diet Survey

BOMBAY

State	BOMBAY				
District	Bombay				
Locality	Bombay City				
Survey No.	74	75	76	77	78
Urban or Rural	Urban	Urban	Urban	Urban	Urban
No. of families	10	10	10	10	10
No. of persons	53	40	37	51	59
No. of days of survey	7	7	7	7	7
Season	July Aug. 1941				
Economic status etc.	Gujarat families mostly Municipal Sweepers with average income Rs. 36/ p.m.	Deccan families peons & laboratory assistants families Income Rs. 40/ p.m.	N Indian Hindes Ward Boys etc. with average family income Rs. 35/ p.m.	Middle Class Deccan families mostly Jettis with average family income Rs. 135/ p.m.	Poor Parsi families.

FOODSTUFF ORS. per consumption unit per day

	74	75	76	77	78
Rice	6.5	16.2	2.0	8.2	3.7
Wheat	7.3	0.1	19.2	3.2	4.1
Millers				0.2	0.3
Other cereals	2.4	2.6	0.9	1.1	1.7
Pulses	1.0	1.8	0.6	1.8	0.6
Leafy vegetables	3.2	5.7	0.5	3.2	6.0
Other vegetables					0.7
Fruits					0.9
Ghee	0.8	0.9	0.5	0.5	0.7
Vegetable oil	1.5	0.6	1.1	1.1	0.7
Milk and milk products	0.7	0.9	1.6	7.6	7.1
Meat, fish, eggs	1.6	1.2	2.0	4.1	2.1
Sugar and Jaggery		1.2 (coconut)	1.3	1.9	1.6
				0.9 (coconut)	0.1 (coconut)

BOMBAY

State

District

Locality

Bombay

Bombay City

Survey No.

Urban or Rural
No. of families
No. of persons
No. of days of survey

Season

Economic status etc

79

Urban
36

One day

July 1941
Aug. 1942

Ra. 34.3

80

Urban
36

One day

July 1941
Aug. 1942

Ra. 22.8

81

Urban
90

One day

July 1941
Aug. 1942

Ra. 15.3

82

Urban
31

One day

July 1941
Aug. 1942

Ra. 9.1

83

Urban
28

Urban

7

Indian Christian
poor class families
monthly income per
cap. Ra. 18.10 0

FOODSTUFF One. per consumption unit per day

Rice

Wheat

Millet

Other cereals

Pulses

Leafy vegetables

Other vegetables

Fruits

Ghee

Vegetable oil

Milk and milk products

Meat, fish, eggs

Sugar and Jaffery

33

35

15

21

nil

77

nil

14

11

11

nil

17

36

36

08

18

nil

70

nil

16

10

106

19

38

49

19

22

nil

64

nil

12

10

91

nil

13

52

68

12

25

nil

54

nil

13

09

57

nil

19

66

54

05

03

41

nil

03

07

30

46

13

Diet Survey

BOMBAY

Bombay

Jogeshward

Survey No. 84
Urban or Rural
No. of families 132
No. of persons
No. of days of Survey
Season
Economic Status etc.

Andheri

Jogeshward

Survey No. 85
Urban
No. of families 265
No. of persons
No. of days of Survey
Season
Economic Status etc.

Andheri

Jogeshward

Survey No. 86
Urban
No. of families 220
No. of persons
No. of days of Survey
Season
Economic Status etc.

Andheri

Jogeshward

Survey No. 87
Urban
No. of families 200
No. of persons
No. of days of Survey
Season
Economic Status etc.

Andheri

Jogeshward

Survey No. 88
Urban
No. of families 320
No. of persons
No. of days of Survey
Season
Economic Status etc.

Andheri

Jogeshward

Survey No. 89
Urban
No. of families 250
No. of persons
No. of days of Survey
Season
Economic Status etc.

Andheri

Jogeshward

Survey No. 90
Urban
No. of families 225
No. of persons
No. of days of Survey
Season
Economic Status etc.

Andheri

Jogeshward

FOODSTUFF OZs. per consumption unit per day

Rice	4.0	3.7	9.2	5.0	5.8	1.2	2.0
Wheat	9.5	8.7	4.6	6.6	4.5	11.0	5.0
Millers							
Other Cereals	3.3	3.7	1.0	0.3	1.1	0.4	1.6
Pulses	2.0	2.0	3.3	2.0	1.7	2.0	6.0
Leafy vegetables	18.6	9.2			5.6		1.5
Other vegetables	6.8						2.2
Fruits	3.4	3.2	0.8	1.6	1.4	0.6	2.0
Ghee and vegetable oil	20.9	13.6	5.7	3.0	9.5	1.6	3.0
Milk and milk products			1.9	5.0	6.2	2.6	0.75
Meat, fish, eggs	1.66	1.6	1.3	1.2	0.9	1.6	0.75
Sugar and Jeffer						0.26 extra	
Condiments							

State

Bombay

FOODSTUFF Ozn. per consumption unit per day

Needle

BOMBAY

Bombay

Bombay City

Survey No.	99	100	101	102--	103	104	105	106
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban
No. of families	50	25	50	45	50	75	35	105
No. of persons								
No. of days of survey	Jan. 46	Oct. 45	Nov. 45	May 46	July 45	July 45	Oct. 46	Oct. 46
Season	Students (Middle Class)	Juvenile Offenders (Poor)	Students (Middle Class)	Rescue Home (Poor)	University students (Middle Class)	Orphanage (Poor)	Hotel for working girls (Middle Class)	Orphanage (Poor)
Economic status etc.								

FOODSTUFF Oza. per consumption unit per day

Rice	3.0	8.0	5.0	8.0	2.5	5.5	4.0	3.5
Wheat	5.2	12.0	7.9	6.0	6.4	6.3	6.0	7.4
Millers								
Other cereals	0.4	1.5	2.8	2.0	0.4	0.4	1.2	2.1
Pulses	2.5		3.0		3.0	0.6		0.6
Leafy vegetables			11.0	4.2	12.0	1.2		
Other vegetables	6.7	4.0	2.9		3.3		3.8	0.7
Fruits			2.7	0.9	2.7	0.7	2.5	
Ghee and vegetable oil	3.4	0.5	2.7				3.7	0.3
Milk and milk products	9.0	1.0	9.6	1.0	10.6	3.5	9.0	1.3
Meat, fish, eggs			2.9	0.3	5.3	1.6	5.0	0.8
Super and Jaggery	1.7	0.5	1.8	1.2	2.0	1.1	1.2	0.7
Condiments							0.2	
							(Extra)	

State

District	Bombay							
Locality	Bombay City							
Survey No.	107	108	109	110	111	112	113	114
Urban or Rural No. of families No. of persons No. of days of survey	Urban 48 ...	Urban 25	Urban 12	Urban "	Urban 120	Urban 21 "	Urban 17 "	Urban 18
Season	Oct. 46	Feb. 46	Sep. 46	July 46	July 46	July 46	Aug. 46	July 46
Economic status etc.	Orphanage (Poor)	Home for working girls (Middle Class)	Students (Upper Middle Class)	Students (Lower Middle Class)	Students (Lower Middle Class)	Students (Upper Middle Class)	Students (Lower Middle Class)	Students (Lower Middle Class)

FOODSTUFF Oza, per consumption unit per day

Rice	1.7	2.1	1.0	3.9	2.3	0.57	5.6	6.0
Wheat	5.2	4.2	5.0	9.7	5.8	9.0	7.5	6.0
Millers								
Other cereals	1.0	0.3	0.54	1.0	0.6	0.14	3.8	2.2
Pulses	2.0	2.0	0.4			0.4	0.9	
Leafy vegetables	0.3	10.0	11.4	2.8	1.1	9.5	3.9	9.8
Other vegetables	0.7	4.0	5.0	3.0	3.0	3.5	1.45	
Fruits	0.12	1.7	1.8	1.08	0.42	1.62	1.9	1.6
Ghee and vegetable oil	5.1	5.2	5.7	2.1	9.26	3.6	1.6	1.8
Milk and milk products	0.4	7.2	11.4	2.7		9.2	0.77	1.0
Meat, fish, eggs	0.5	1.3	1.4	1.3	0.8	1.2	0.9	1.5
Sugar & Jaffery			0.7 (extra)			0.72 (extra)	1.0 (extra)	0.4 (extra)
Condiments								

Diet Survey

BOMBAY

State	Bombay									
District	Bombay City									
Locality	Bombay City									
Survey No.	115	116	117	118	119	120	121	122		
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban		
No. of families	180	42	52	200	66	72	17	50		
No. of persons		
No. of days of survey	Apr. 46	July 46	July 46	July 46	Aug. 46	Feb. 46	Feb. 46	July 45		
Season	Apr. 46	July 46	July 46	July 46	Aug. 46	Feb. 46	Feb. 46	July 45		
Economic status etc.	Students Middle Class	Students (Middle & Lower Middle Class)	Students (Middle & Lower Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Lower Middle Class)	Students (Middle Class)	Students (Poor)		

FOODSTUFF OZs. per consumption unit per day

	115	116	117	118	119	120	121	122		
Rice	34	57	30	60	34	34	93	43		
Wheat	43	36	93	60	34	34	60	22		
Millets		
Other cereals		
Pulses		
Leafy vegetables		
Other vegetables		
Fruits		
Ghee and vegetable oil		
Milk and milk products		
Meat, fish, eggs		
Sugar & Jaggery		
Condiments		

BOMBAY

State	Bombay									
District	Bombay									
Locality	Bombay City									
Survey No.	123	1 4	125	126	127	128	129	130		
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban		
No. of families	34	110*	110*	110*	110*	110*	200†	200†		
No. of persons										
No. of days of survey										
Season	Feb. 46	Sept. 46	Sept. 46	Sept. 46	Sept. 46	Sept. 46	Aug. 46	Aug. 46		
Econom. status etc.	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)		

FOODSTUFF Oza. per consumption unit per day

Rice	2.7	3.6	2.7	4.1	4.6	5.7	2.5	3.1		
Wheat	3.0	5.0	3.5	5.0	4.3	6.0	3.3	4.0		
Millet										
Other cereals	2.0	1.8	2.3	3.0	2.1	1.0	2.4	1.8		
Pulses	2.0	0.3		0.3	0.3	1.0	1.2	0.3		
Leafy vegetables	6.0	7.3	10.7	10.4	5.3	4.7	13.0	10.0		
Other vegetables	0.3	0.8	1.8	1.1	0.8	6.5	3.2	0.9		
Fruits	1.6	2.3	2.7	3.1	2.1	3.1	4.0	2.7		
Green and vegetable oil	4.0	8.6	8.6	4.3	9.1	4.9				
Milk and milk products		0.2			1.4	6.9				
Meat, fish, eggs	2.0	1.8	1.0	2.2	1.1	1.1	1.3	1.6		
Sugar & Jaggery										
Condiments										

* The total no. of persons of Survey Nos. 124 to 128 is 110.

† The total no. of persons of Survey Nos. 129 to 131 is 200.

Diet Survey

BOMBAY

State	Bombay							
District	Bombay City							
Locality	131	132	133	134	135	136	137	138
Survey No.	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban
Urban or Rural	200†	200*	200*	200*	200*	200*	30	30
No. of families								
No. of persons								
No. of days of survey								
Season	Aug. 46	Oct. 46	Oct. 46	Oct. 46	Oct. 46	Oct. 46	Dec. 46	Dec. 46
Economic status etc.	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)	Students (Middle Class)

FOODSTUFF Oza. per consumption unit per day

	131	132	133	134	135	136	137	138
Rice	6.9	1.8	4.0	2.9	4.0	4.4	5.0	3.2
Wheat	4.2	6.6	8.0	7.5	4.0	4.4	2.6	10.0
Millets								
Other cereals	2.1	0.38	2.5	0.5	1.5	1.2	2.0	2.5
Pulses	0.5				1.0	0.7	2.1	2.0
Leafy vegetables	10.3	8.8	12.0	8.4	11.0	14.0	0.8	13.0
Other vegetables	1.0	6.0	6.0	2.5	4.4	2.5	11.2	2.1
Fruits	3.8	2.5	4.9	2.9	2.0	3.0	1.3	
Ghee and vegetable oil		1.7	2.0	7.3	4.6	8.3	17.0	
Milk and milk products		(2 eggs + 4.0)	(1 egg + 4.0)	(1 egg + 2.0)	1.3	1.5	1.3	
Meat, fish, eggs	1.3	1.2	2.0	1.1				
Sugar & Jaggery								
Condiments								

* The total no. of persons of Survey Nos. 131 to 136 is 200.

Diet Survey

BOMBAY

State	BOMBAY									
District	Bombay									
Locality	Bombay City									
Survey No.	139	140	141	142	143	144	145	146		
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban		
No. of families	65*	65	65*	44	350†	350†	350†	350†		
No. of persons	65*	65	65*	44	350†	350†	350†	350†		
No. of days of survey	Oct. 46	Oct. 46	Oct. 46	Oct. 46	May 47	May 47	May 47	May 47		
Season	Oct. 46	Oct. 46	Oct. 46	Oct. 46	May 47	May 47	May 47	May 47		
Economic status etc.	Students Middle Class	Students Middle Class	Students Middle Class	Students Middle Class	Students Middle and Upper Middle Class	Students Middle and Upper Middle Class	Students Middle and Upper Middle Class	Students Middle and Upper Middle Class		

FOODSTUFF ORS. per consumption unit per day

Rice	4.1	4.5	4.7	4.3	3.6	5.7	4.7	5.8		
Wheat	6.2	6.5	7.1	5.7	6.0	6.0	4.7	7.1		
Millet		
or cereals	2.6	2.4	1.6	2.7	6.6	1.5	0.1	5.2		
or vegetables	9.0	9.5	14.0	11.0	2.1	1.2	0.6	2.0		
or vegetables oil	1.6	1.7	2.4	2.4	4.4	2.7	2.1	1.5		
Milk and milk products	16.0	8.5	16.0	3.4	9.9	14.0	2.4	3.4		
Meat, fish, eggs	1.0	..	3.8	11.0	2.6	4.4		
Sugar and jaggery		
Condiments	1.3	1.7	2.8	1.2	1.3	1.9		
	0.2 extra		

The total no. of persons in Survey Nos. 139 to 141 is 65

† The total no. of persons in Survey Nos. 143 to 149 is 350.

BOMBAY

Bombay

State	District	Locality	Bombay City				Chambur	Bombay City	Bandra
Survey No.			147	148	149	150	151	152	153
Urban or Rural			Urban	Urban	Urban	Urban	Urban	Urban	Urban
No. of families			350†	350†	350†	400	400	425	100
No. of persons									
No. of days of survey			May 47	May 47	May 47	June 45	July 45	April 46	Jan. 45
Season			Students (Middle & Upper Mid. Class)	Students (Mid. & Upper Mid. Class)	Students (Mid. and Upper Mid. Class)	Juvenile Offenders (Poor)	Juvenile Offenders (Poor)	Juvenile Offenders (Poor)	Students to Orphanage
Economic status etc.									

FOODSTUFF OZs. per consumption unit per day

Rice	40	44	46	70	30	68	68	06	31
Wheat	48	40	72	40	68	68	68	110	93
Millers									
Other cereals	16	17		30	68				
Pulses		24	21	30	35	35	35	09	36
Leafy vegetables		16	19					20	04
Other vegetables	72	160	180	70	66	66	66	70	50
Fruits	20		21					30	14
Ghee & vegetable oil	30	38	24	03	05	04	04	04	12
Milk and milk products	74	106	164	20	04	30	156	156	40
Meat, fish, eggs,	90							09	32
Sugar and Jaggery	14		08	10	10	10	066	066	09
Condiments									02 extra

Diet Survey

BOMBAY

Bombay

Bombay City

Survey No.	155	156	157	158	159	160	161	162	163	164
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban
No. of families	54		25	175	36	200	28	46		63
No. of persons										
No. of days of survey										
Season	Apr 46	Apr 46	Jul 45	Jul 45	Feb. 46	Oct. 45	Oct 45	Aug. 47	Aug. 47	Sep 47
Economic status etc.	Hotel for Working Women	Orphan age	Students (Lower Middle Class)	Juvenile Offenders and Orphans (Students)	Students (Poor)	Orphan age (Students)	Training Centre for War Re-ruits.	Foundling Home (Poor)	Foundling Home (Poor)	Students (Poor)

FOODSTUFF Oza. per consumption unit per day

Rice	32 11	30	31	70	71	125	20	35	50
Wheat	52	25	55	70	102	143	50	91	30
Millet									
Other cereals									
Pulses	25	20	47	22	25	45	16	30	50
Leafy vegetables	06	20	32				05	08	32
Other vegetables	50	50	30				10	17	44
Fruits	04	02					20	20	08
Ghee and vegetable oil	07	10	05	08	80	76	05	08	08
Milk and milk products	18	40	09	01		19	05	08	05
Meat, fish, eggs	23			21		35	100	50	20
Sugar and Jaggery	12	10	03	11	47	17	04	04	10
Condiments	04	04			01	06			
	(Extra)	(Extra)			(Extra)	(Extra)			

Diet Survey

BOMBAY

State

BOMBAY

District	Bombay Thana	Bombay				Ratanagiri			
Locality	Khair	Dadar	Maturge	Girgaum	Umarthadi	Depoli Pethe			
Survey No.	175	176	177	178	179	180	181	182	183
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban
No. of families	15	16	247	62	44	11	22	23	66
No. of persons
No. of days of survey
Season	Dec. 45	Sept. 45	Jan. 45	June 45	Aug. 45	Apr. 47	Apr. 47	Apr. 47	Apr. 47
Economic status etc.	Students College (Mid. & Upper Mid. Class)	Rescued Women (Poor)	Rescued Women Orphanage and Death rates (Poor)	Orphanage, Destitute & Rescued (Poor)	Rescued Orphanage and Death rates	Students Backward Class (Poor)	Middle Class, High Class Students	Middle Class Students	Lower Middle Class (Students)

FOODSTUFF Oms. per consumption unit per day

...	10	45	51	34	75	60	75	64	50
...	50	15	41	68	53	20	55	32	15
...	27	...	40	...	32	47
...	39	22	30	37	33	10	16	44	11
...	70	50	23	76	10	25	16	30	11
...	12	...	026	...	50	14	31	67	20
...	...	04	01	20	05	04	10	17	06
...	210	14	23	20	08	07	90	76	16
...	17
...	17	07	07	07	08	04	04	01	06
...

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FOODSTUFF Oza. per consumption unit per day

...	110	43	51	34	75	60	75	64	50
...	50	15	41	68	53	20	55	32	15
...	30	27	...	40	...	32	47
...	39	22	...	37	53	10	16	44	11
...	70	50	23	76	13	25	16	30	...
...	12	...	0.26	...	10	14	31	67	20
...	13	04	01	...	50
...	210	14	23	20	05	04	10	17	06
...	20	06	...	90	76	16
...	17	07	07	07	08	04	17
...	04	04	01	06
...

The total No. of persons in Survey Nos. 181 & 184 is 66.

Diet Survey

BOMBAY

District	Ratanagiri							Sholapur	
	Depot Petha	Lanja	Malvan	Kankhajan	Kankavall	Ratanagiri	Nakhasen	Phorus	Sholapur
Locality									
Survey No	164	185	186	187	188	189	190	191	192 193
Urban or Rural	Urban	Rural	Urban	Rural	Rural	Urban	Urban	Urban	Urban
No. of families	66	24	32	25	11	25	14	18	34
No. of persons	66	24	32	25	11	25	14	18	34
No. of days of survey	47	47	43	48	48	48	48	48	46
Season	Apr	Apr	Jan	Jan	Jan	Jan	Jan	Jan	Sept
Economic status etc	Lower Middle Class (Students)	Backward Class (Poor)	Middle & Lower Middle Class	Poor	Poor	Middle Class	Middle Class	Middle Class	Middle Class Students

FOODSTUFF Oz. per consumption unit per day

[illegible]

Diet Survey

State	96	97	BOMBAY	98	99
District					
Locality					
Survey No.	194	195	196	197	198
Urban or Rural	Urban	Urban	Rural	Urban	Urban
No. of families	17	2	41	88	88
No. of persons	17	2	41	88	88
No. of days of survey	17	2	41	88	88
Season	Sep. 46	Sep. 46	Jan. 46	Jan. 46	Jan. 46
Economic status etc.	Juvenile Offenders (Poor)	Juvenile Offenders after the expiry of Sentence	Students Middle and Lower Middle Class	Students Middle and Lower Middle Class	Students Backward Class (Poor)
Foodstuff	17	17	40	20	16
Rice	17	17	40	20	16
Wheat	17	17	40	20	16
Millet	17	17	40	20	16
Other cereals	17	17	40	20	16
Pulses	17	17	40	20	16
Leafy vegetables	17	17	40	20	16
Other vegetables	17	17	40	20	16
Fruits	17	17	40	20	16
Ghee and vegetable oil	17	17	40	20	16
Milk and milk products	17	17	40	20	16
Meat, fish, eggs	17	17	40	20	16
Sugar and Jaggery	17	17	40	20	16
Condiments	17	17	40	20	16

Diet-Survey

BOMBAY									
State	1	1	1	1	1	1	1	1	1
District	1	1	1	1	1	1	1	1	1
Localities	1	1	1	1	1	1	1	1	1
Survey No.	199	0	2	200	201	202	203	204	205
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban
No. of families	15	15	15	15	15	15	15	15	15
No. of persons	15	15	15	15	15	15	15	15	15
No. of days of survey	15	15	15	15	15	15	15	15	15
Season	Jan. 46	Jan. 46	Jan. 46	Jan. 46	Jan. 46	Jan. 46	Jan. 46	Jan. 46	Jan. 46
Religious status etc.	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)
FOODSTUFF Oza. per consumption unit per day									
Rice	16	12	12	23	43	15	15	15	15
Wheat	12	12	12	43	43	15	15	15	15
Millet	12	12	12	43	43	15	15	15	15
Other cereals	12	12	12	43	43	15	15	15	15
Pulses	14	14	14	20	20	15	15	15	15
Leafy vegetables	05	05	05	20	20	15	15	15	15
Other vegetables	08	08	08	20	20	15	15	15	15
Fruits	03	03	03	08	08	15	15	15	15
Ghee and vegetable oil	03	03	03	08	08	15	15	15	15
Milk and milk products	06	06	06	08	08	15	15	15	15
Meat, fish, eggs	03	03	03	08	08	15	15	15	15
Sugar & Jaggery	03	03	03	08	08	15	15	15	15
Condiments	03	03	03	08	08	15	15	15	15

BOMBAY

State	Sholapur			
District	Sholapur City			
Locality				
Survey No.	204	205	206	207
Urban or Rural	Urban	Urban	Urban	Urban
No. of families	29	45	139	70
No. of persons	---	---	---	---
No. of days of survey	---	---	---	---
Season	September 1946	September 1946	September 1946	September 1946
Economic status etc.	Students converted under Muskhari mostly orphans (Poor)	Students mostly farmers sons of lower middle class	Juvenile offenders (Poor)	Students (Poor)

FOODSTUFF Oza. per consumption unit per day

Rice	0.7	2.3	1.0	2.7
Wheat	---	4.5	3.5	1.5
Millers	---	---	---	---
Other cereals	10.6	5.7	3.5	8.0
Pulses	1.2	2.5	4.2	3.4
Leafy vegetables	1.0	1.0	3.4	0.9
Other vegetables	1.2	4.0	3.4	4.0
Fruits	1.0	1.0	0.5	0.9
Ghee and vegetable oil	0.3	0.8	0.5	0.5
Milk and milk products	1.0	---	0.4	0.5
Meat, fish, eggs	1.2	1.2	0.5	0.5
Sugar and Jaggery	0.5	1.0	0.9	0.5
Condiments	---	---	---	---

Diet Survey

BOMBAY

Dharwar

Hobli

Dharwar City

Devflosset

Survey No.

208

209

210

211

212

213

Urban or Rural
No. of families
No. of persons
No. of days of survey

Urban
23
Sep. 46
Pupil teachers
Middle Class

Urban
20
Jan. 47
Students
Backward
Class girls
(Poor)

Urban
15
Jan. 46
Students
Middle Class

Urban
70
Jan. 46
Juvenile
Offenders
(Poor)

Urban
42
Jan. 46
Students
Farmers sons

Rural
32
Jan. 46
Students
Mostly ex-
service men

Season
Economic status etc.

FOODSTUFF Oza. per consumption unit per day

Rice

32

32

32

31

36

30

Wheat

64

87

87

30

10

10

Millets

10

14

22

43

153

140

Other cereals

25

14

22

04

29

28

Pulses

10

40

22

10

29

29

Leafy vegetables

24

55

34

17

29

29

Other vegetables

10

18

04

22

29

14

Fruits

08

04

19

01

40

40

Glues and vegetable oil

25

53

07

10

10

04

Milk and milk products

14

10

10

10

10

04

Meat, fish, eggs

14

10

10

10

10

04

Sugar and Jaggery

14

10

10

10

10

04

Condiments

14

10

10

10

10

04

Diet Survey

[illegible]

* The total no. of persons in Survey No. 218 to 220 is 308.

Diet Survey

BOMBAY

District	Dharwar									
Locality	Dharwar City									
Survey No.	222	223	224	225	226					
Urban or Rural	Urban	Urban	Urban	Urban	Urban					
No. of families	258*	258*	258	258	258					
No. of persons					
No. of days of survey					
Season	September 1947									
Economic status etc.	M	i	d	d	i	e	C	i	a	s

FOODSTUFF Oms. per consumption unit per day

	38	34	32	31	31
Rice
Wheat
Millet
Other cereals
Pulses
Leafy vegetables
Other vegetables
Fruits
Ghee and vegetable oil
Milk and milk products
Meat, fish, eggs
Sugar and jaggery
Condiments

* The total no. of persons in Survey Nos. 222 to 230 is 258.

Diet Survey

BOMBAY									
State									
District	Dharwar								
Locality	Dharwar City								
Survey No.	227	228	229	230	231				
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban			
No. of families	238*	238*	238*	238*	238*	238*			
No. of persons			
No. of days of survey			
Season	September 1947								
Economic status etc.	M	i	d	d	i	e	C	i	e
	Depressed class boys (Poor)								
FOODSTUFF Oza. per consumption unit per day									
Rice	32	273	32	32	32	60			
Wheat	05	10			
Milleta	04	10			
Other cereals	64	54	63	64	64	60			
Pulses	17	38	34	37	37	20			
Leafy vegetables	08	13	09	56	56	10			
Other vegetables	116	101	167	200	200	10			
Fruits	..	10			
Grease and vegetable oil	16	09	27	20	20	02			
Milk and milk products	69	193	211	130	130	..			
Meat, fish, eggs			
Sugar and jaggery	09	12	13	03	03	10			
Condiments			

Diet Survey

BOMBAY						
State						
District	Dharwar					
Locality	Dharwar City					
Survey No.	232	233	234	235	236	
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban
No. of families	...	85	144*	144*	144*	144*
No. of persons
No. of days of survey
Season	September 1947					
Economic status etc.	Depressed class girls (Poor)	Middle	and	Lower	Middle	Class

FOODSTUFF Oza. per consumption unit per day

	60	14	32	30	32	32
Rice	...	10
Wheat
Mullets	6.0	7.8	6.4	6.0	6.4	6.4
Other cereals	2.0	2.1	3.4	4.0	3.4	3.4
Pulses
Leafy vegetables	2.0	2.5	3.8	2.7	2.3	2.3
Other vegetables
Fruits	0.2	0.7	0.6	0.3	0.3	0.3
Ghee and vegetable oil
Milk and milk products	...	4.4	1.1	1.3	1.3	1.3
Meat, fish, eggs	1.0	1.3	1.3	1.3	1.3	1.3
Sugar & Jaggery
Condiments

* The total no. of persons in Survey Nos. 234 to 236 is 144.

Diet Survey

BOMBAY

State	BOMBAY			
District	Dharwar		Belgaum	
Locality	Dharwar	Gadag	Hobli	Belgaum City
Survey No.	237	238	239	240
Urban or Rural	Urban	Urban	Urban	Urban
No. of families	40	14	11	6
No. of persons	"	"	"	"
No. of days of survey	"	"	"	"
Season	September, 1947		February 1947	
Economic status etc.	Middle and Lower Middle Class	Poor Backward Class Students	Middle Class	Backward Class Students (Poor)

FOODSTUFF Osa. per consumption unit per day

	3.0	3.0	1.5	4.0	4.0
Rice	3.0	3.0	1.5	4.0	4.0
Wheat	-	-	-	-	2.0
Millers	5.0	6.0	3.0	8.0	6.0
Other cereals	4.1	3.0	1.0	0.5	3.0
Pulses	4.8	-	3.0	-	1.0
Leafy vegetables	1.0	0.1	4.4	0.1	1.5
Other vegetables	-	-	8.0	-	0.6
Fruits	-	-	4.0	-	0.5
Ghee and vegetable oil	1.3	-	1.0	-	6.0
Milk and milk products	-	-	-	-	-
Meat, fish, eggs	-	-	-	-	-
Sugar and Jaggery	-	-	-	-	1.4
Condiments	-	-	-	-	-

Diet Survey

BOMBAY

State	BOMBAY									
District	Belgaum									
Locality	Belgaum City		Chitrodi	Nipani		Arbani	Belgaum	Belgaum		
Survey No.	242	243	244	245	246	247	248	249	250	251
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Rural	Urban	Urban	Urban	Urban
No. of families	24	24	16	10	10	10	10	10	10	10
No. of persons	24	24	16	10	10	10	10	10	10	10
No. of days of survey	24	24	16	10	10	10	10	10	10	10
Season	Feb. 47	Feb. 47	March 48	March 48	March 48	March 48	March 48	March 48	March 48	March 48
Economic status etc	Backward Class Students (Poor)	Juvenile Offenders (Poor)	Backward Class Student (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)	Backward Class Students (Poor)

FOODSTUFF Oza, per consumption unit per day

	53	66	40	40	44	45	53	53	109	170
Rice	53	66	40	40	44	45	53	53	109	170
Wheat	66	40	40	40	44	08	53	53	54	80
Millet	40	40	40	40	19	56	53	53	56	56
Other cereals	13	13	11	11	18	44	53	53	45	45
Pulses	67	67	23	23	20	13	53	53	54	54
Leafy vegetables	07	07	50	50	22	18	53	53	54	54
Other vegetables	07	07	07	07	02	02	53	53	54	54
Fruits	02	02	02	02	02	02	53	53	54	54
Ghee and vegetable oil	02	02	02	02	02	02	53	53	54	54
Milk and milk products	02	02	02	02	02	02	53	53	54	54
Meat, fish, eggs	02	02	02	02	02	02	53	53	54	54
Sugar and Jaggery	02	02	02	02	02	02	53	53	54	54
Condiments	02	02	02	02	02	02	53	53	54	54

BOMBAY

District	Satara										
Locality	Satara City										
Survey No.	250	251	252	253	254	255	256	257			
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban			
No. of families	33	2	41	174	36	56	100	46			
No. of persons			
No. of days of survey	Mar 48	Apr. 47	Apr. 47	Apr. 47	Apr. 47	Apr. 47	Apr. 47	Apr. 47			
Season	Middle Class	Juvenile Offenders	Students Converted Christians (Poor)	Court Committed children (Poor)	Pupil teachers of Primary S. schools lower middle class	Students mostly farmers sons	Students mostly farmers sons	Students (Poor)			
Economic status etc.			
FOODSTUFF Oms. per consumption unit per day											
Rice	61	16	17	20	08	23	17	08			
Wheat	16	33	23	34	65	30	123	09			
Millets	42	42	30	27	...	30	35	56			
Other cereals	76	41	56	26	51	30	35	34			
Pulses	33	20	12	12	40	24	25	16			
Leafy vegetables	10	26	...	20	06	19			
Other vegetables	77	40	17	26	12	38	72	48			
Fruits	20	...	13	20	30			
Ghee and vegetable oil	14	15	03	08	10	09	04	04			
Milk and milk products	152	10	50			
Meat, fish, eggs	06			
Sugar and Jaggery	24	03	03	18	07	17	12	14			
Condiments			

Diet Survey

BOMBAY

District	Satara	Poona						
Locality	Satara City	Poona City						
Survey No.	258	259	260	261	262	263	264	265
Urban or Rural No. of families No. of persons No. of days of survey	Urban 45 --	Urban 50 --	Urban 25 --	Urban 24 --	Urban 12 --	Urban 104 --	Urban 34 --	Urban 23 --
Season	Apr 47	Sept. 46	Sept. 46	July 46	March 46	June 46	June 46	July 46
Economic status etc.	Students (Lower Middle class)	Students (Middle Class)	Pupil Teachers Lower Middle Class	Students Middle Class	Students Bachchan Class (Poor)	Students Middle & Upper Middle Class	Students Middle Class	Pupil Teachers Lower Middle Class

FOODSTUFF Q-4. per consumption unit per day

Rice	13	21	37	43	11	45	23
Wheat	38	30	37	69	37	45	28
Millet	..	40	50
Other cereals	53	..	24	23	17	17	30
Pulses	156	24	38	30	18	13	48
Leafy vegetables	33	36	..	14	15	14	03
Other vegetables	08	46	..	75	42	17	06
Fruits	..	14	62	13	18	14	80
Ghee and vegetable oil	06	11	22	23	20	17	03
Milk and milk products	..	101	38	50	64	10	..
Meat, fish, eggs	08	..	20	..	13
Sugar & sugary	05	10	14	13
Condiments

St. 16

BOMBAY

Poona

District

Locality

Yerandavna

Poona City

Poona City

Survey No.

274

275

276

277

278

279

280

281

Urban or Rural
No. of families
No. of persons
No. of days of surveyUrban
100Urban
5Rural
53Urban
91Urban
400Urban
400Urban
400Urban
400

Season

June 46

June 46

July 46

July 46

Jan 46

Urban
400Urban
400

Economic status etc.

Juvenile
Offenders
(Poor)Juvenile
Offenders
after the
expiry of the
sentenceRescued &
derelict
women &
court
committed
children
(Poor)Rescued &
derelict
women and
court
committed
children
(Poor)Student
& Middle &
Upper Middle
ClassUrban
400Urban
400Urban
400Students (Middle & Upper
Middle Class)

FOODSTUFF Oza. per consumption unit per day

Rice

38

38

55

63

20

20

35

27

Wheat

33

33

23

14

80

45

85

Milk

13

13

30

23

20

20

Other cereals

26

26

60

30

40

20

20

Pulses

30

30

16

19

165

111

111

111

Leafy vegetables

03

03

24

05

46

30

27

45

Other vegetables

60

60

24

57

64

80

150

99

Ghee and vegetable oil

06

06

13

23

20

19

20

20

Milk and milk products

Meat, fish, eggs

Sugar & Jaggery

Condiments

* The total no. of persons in Survey Nos. 278 to 286 is 400.

Diet Survey

BOMBAY

Poona

Poona City

Naryangson

Lonavla

Urban or Rural
No. of families
No. of persons
No. of days of survey

Season

Economic status etc.

Survey No.

282

283

284

285

286

287

288

289

Urban

400*

400*

400

400

41

31

10

...

400

400

...

...

...

...

...

January 1946

Students (Middle and Upper Middle Class)

July 46

Students
Middle &
Upper Middle
Class

April 48

Students
(Middle Class)

April 48

Students
(Middle Class)

FOODSTUFF Oza. per consumption unit per day

Rice

40

70

31

20

100

30

71

18

...

Wheat

40

31

20

78

89

60

18

...

...

Millet

40

31

20

78

89

60

18

...

...

Other cereals

40

31

20

78

89

60

18

...

...

Pulses

40

31

20

78

89

60

18

...

...

Leafy vegetables

40

31

20

78

89

60

18

...

...

Other vegetables

40

31

20

78

89

60

18

...

...

Fruits

40

31

20

78

89

60

18

...

...

Ghee and vegetable oil

40

31

20

78

89

60

18

...

...

Milk and milk products

40

31

20

78

89

60

18

...

...

Meat, fish, eggs

40

31

20

78

89

60

18

...

...

Sugar and Jaggery

40

31

20

78

89

60

18

...

...

Condiments

40

31

20

78

89

60

18

...

...

Diet Survey

BOMBAY

Poona

District	Poona					
Locality	Hingosa		Poona City		Yeravade	
Survey No.	298	299	300	301	302	303
Urban or Rural	Rural	Rural	Urban	Urban	Urban	Rural
No. of families	129	73	18	113	60	1008
No. of persons
No. of days of survey	Mar 46	Mar. 46	June 46	Jan. 46	Mar. 46	May 47
Season	Students (Lower Middle Class)	Students court committed Poor	Students (Backward Class) Poor	Students (Orphanage Poor)	Students (Backward Class) Poor	Prisoners (Poor)
Economic status etc.
	Urban	Urban	Urban	Urban	Urban	Urban
	101	101	101	101	101	101

	July 47	July 47	July 47	July 47	July 47	July 47
	Middle & Upper Middle Class	Middle & Upper Middle Class	Middle & Upper Middle Class	Middle & Upper Middle Class	Middle & Upper Middle Class	Middle & Upper Middle Class

FOODSTUFF Oza, per consumption unit per day

Rice	37	56	33	26	31	09	23	30
Wheat	11	09	84	66	53	...	24	30
Millers	93	117	67	...	23	25
Other cereals	30	31	136	46	43
Pulses	15	28	16	13	60	92	26	30
Leafy vegetables	08	01	...	31	15	40	27	45
Other vegetables	33	19	25	...	38	96	40	...
Fruits	11	20	30	22	59
Ghee and vegetable oil	09	06	08	70	13	06	30	09
Milk and milk products	25	36	45	...	22	25
Meat, fish, eggs	05	...	23	...	40	80
Sugar and Jaggery	04	03	14	18	10	05	64	10
Condiments	10	...

Diet Survey

ROMBAY									
State									
District	Purna								
Locality	Purna City								
Survey No.	306	307	308	309	310	311	312	313	
Urban = Rural No. of families No. of persons No. of days of survey	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban
	212	157	11	92	574	0	23	250	
	"	"	"	"	"	"	"	"	
	"	"	"	"	"	"	"	"	
Season	Middle & Upper Middle Class			Jul 1937			number 1937		
Economic status etc.						Student from all over the Province		Middle Class	
								Upper Middle Class	

FOODSTUFF Ose. per consumption units per day

Rice	50	24	23	42	3	34	19	21	21
Wheat	45	16	23	33	23	37	21	21	42
Millet	23	44	07	40	23	10	21	21	10
Other cereals	22	20	33	11	45	03	21	21	10
Pulses	15	15	10	16	16	03	21	21	10
Leafy vegetables	63	92	58	101	130	13	27	27	113
Other vegetables	34	30	20	67	130	13	27	27	113
Fruits	17	13	22	24	22	10	18	18	10
Ghee and vegetable oil	76	31	73	185	115	40	29	29	100
Milk and milk products	76+1 egg	123+1 egg	40+1 egg	145	145	40	68	68	100
Meat, fish, eggs	12	10	15	12	16	13	29	29	100
Sugar and Jaggery	"	"	"	"	"	13	29	29	100
Condiments	"	"	"	"	"	13	29	29	100

District	Poona							Ahmednagar
Locality	Poona City				Nanded	Poona City	Ahmednagar City	
Survey No.	314	315	316	317	318	319	321	
Urban or Rural No. of families No. of persons No. of days of survey	Urban 240*	Urban 240*	Urban 240*	Urban 240*	Urban 97	Rural 38	Urban 60	
	November, 1947			Urban "	Nov 47	Nov 47	Nov 1946	
Season	Middle & Upper Middle Class				Poor & Lower Middle Class		Converted Christians (Poor)	
Economic status etc.								

FOODSTUFF Oms per consumption unite per day

Rices	21	21	11	13	22	..	21	23
Wheat	42	33	50	52	40	..	40	34
Milleta	52	40	50	52	..	63	..	23
Other cereals	20	48	20	20	25	63	30	23
Pulses	11	11	03	13	07	..	10	64
Leafy vegetables	12	13	03	13	07	..	10	16
Other vegetables	12	13	10	90	10	50	08	10
Fruits	18	..	59	16
Grass and vegetable oil	16	38	16	16	02	02	30	03
Milk and milk products	90	85	96	80	06	15	10	03
Meat, fish, eggs	07	17	12	..
Sugar and jaggery	15	15	15	15	11	07	30+1	13
Condiments	20	04
								..

* The total no. of persons in Survey Nos. 313 to 318 is 240.

Diet Survey

BOMBAY

State	BOMBAY			
District	Ahmednagar	Karwar		
Locality	Ahmednagar City	Karwar City		
Survey No.	330	331	332	334
Urban or Rural	Urban	Urban	Urban	Urban
No. of families	40	46	75	5
No. of persons
No. of days of survey
Season	November 1946	Sep. 47	Sep. 47	Sep. 47
Economic status etc.	Converted Christians (Poor)	Primary teachers Lower Middle Class & Middle Class	Middle Class	Poor

FOODSTUFF Oza. per consumption unit per day

Rice	0.4	5.8	6.3	4.0	5.0
Wheat	1.4	0.6	1.7	0.4	...
Millet	2.3
Other cereals	5.7	5.5	1.5	3.5	6.0
Pulses	2.2	2.7	0.7	2.2	1.6
Leafy vegetables	1.0	0.3	0.4
Other vegetables	1.0	4.1	2.2	4.0	4.3
Fruits	0.2	0.5	1.6	0.6	...
Ghee and vegetable oil	0.1	0.1	0.7	0.3	0.4
Milk and milk products	4.0	...	3.2
Meat, fish, eggs	0.3	2.0	3.6	...	2.1
Sugar and Jaggery	...	1.0	1.2	0.6	0.5
Condiments

State BOMBAY		
District	Bijapur	
Locality		
Survey No.	341	342
Urban or Rural	Rural	Rural
No. of families	17	7
No. of persons	10	10
No. of days of survey		
Season	December	December
Economic status etc.	Small Agri culturist Annual income Rs. 100-300	Daily Labourers Annual income below Rs. 100
FOODSTUFF Oms. per consumption unit per day		
Rice	0.18	0.02
Wheat	1.3	0.36
Millers	27.2	19.5
Other cereals		0.7
Pulses	1.28	3.52
Leafy vegetables	0.81	1.5
Other vegetables	1.16	1.32
Fruits		
Ghee and vegetable oil	0.26	0.54
Milk and milk products	1.07	0.3
Meat, fish, eggs		1.1
Sugar & Jaggery	0.74	0.35
Condiments		

Diet Survey

CENTRAL PROVINCES AND BERAR (Madhya Pradesh)

Jabalpore

Barwans

Survey No.	1	2	Bambel	Ladhar	Jabalpore City	N. near
Urban or Rural						
No. of families	Rural 44	Rural 21	Rural 21	Rural 44	Urban 3	Urban 22
No. of persons	104	85	57	107	13	11
No. of days of survey	14	15	15	15	4	15
Season	Feb. 42	May 42	April 42	May 42	November 45	Urban 4
Economic status etc.	Poor A.C. Labor Class daily earnings Rs. 1/1	Poor A.C. Labor Class daily earnings Rs. 12/6	Gonds Abhor A.C.	Small Cultivators	Orphans	Student

91

FOODSTUFF OZ. per consumption unit per day

Rice	906	172	085	71	163	67
Wheat	96	23	109
Millet	216	1315	964
Other cereals	...	04	...	23
Pulses	38	21	13
Leafy vegetables	09	034
Other vegetables	32	47
Fruits	23
Green and vegetable oil	07	148
Milk and milk products	085	73
Meat, fish, eggs	027	45
Sugar and Jaggery	027	13
Condiments

CENTRAL PROVINCES AND BERAR (Madhya Pradesh)

[illegible]

[illegible]

FOODSTUFF	Oz. per consumption unit per day
...	...

FOODSTUFF		Oz. per consumption unit per day
Wheat	26.4	
Millers	0.2	
Other cereals		
Pulses		25.6
Leafy vegetables		0.2
Other vegetables		
Fruits		
Green and vegetable oil		31.4
Milk and milk products		
Meat and fish		12
Eggs		14
Sugar & Jaggery		2.8
Condiments		0.1
		0.1

Diet Survey

State	COORG			DELHI	
District	Coorg			Najafgarh	
Locality	Igodulu	Marcara Town	Kadagadai	Najafgarh	
Survey No	1	2	3	1	3
Urban or Rural No. of families No. of persons No. of days of survey	Rural 18 15 March 42 Low economic status	Semi Urban 26 15 October, 42 Poor agriculturist class of low economic status	Rural 25 15 December 41	Rural 25 85 6 December Labourers engaged on road making on 4 to 8 annas per day	Semi-urban 10 45 14 January Small tradesmen earning Rs. 8 to 30 per month
Season	March 42	October, 42	December 41	December	January
Economic status etc.	Low economic status	Poor agriculturist class of low economic status	Poor agriculturist class of low economic status	Labourers engaged on road making on 4 to 8 annas per day	Small tradesmen earning Rs. 8 to 30 per month

FOODSTUFF Oza. per consumption unit per day

Rice	23.3	21.5	22.0	26.5	10.9	2.5
Wheat	0.1	0.2	0.7	2.1	5.8	18.2
Millets	0.7	1.0	0.8	8.4	2.8	2.5
Other cereals	0.5	0.2	0.4	2.4	4.2	2.6
Pulses	3.8	5.2	5.1	0.5	2.0	1.5
Leafy vegetables	0.5	0.4	0.3	0.5	3.0	0.5
Non-leafy vegetables	2.0	2.8	1.3	0.3	0.3	0.5
Fruits	0.2	1.6	1.2	0.3	5.7	13.9
Grass and vegetable oil	0.9	1.9	0.9	1.5	1.5	0.4
Milk and milk products	0.9	1.9	0.9	1.5	1.5	0.4
Meat, fish, eggs	0.9	1.9	0.9	1.5	1.5	0.4
Sugar & Jaggery	0.9	1.9	0.9	1.5	1.5	0.4
Condiments	0.9	1.9	0.9	1.5	1.5	0.4

Plot Survey

[illegible]

FOODSTUFF	Oz. per consumption unit	per day
	170	

[illegible]

Diet Survey

PUNJAB

State	PUNJAB					
District	Perozepore					Rohtrak
Locality		Lauana	Gandhi Refuges Camp		Bahra Akbarpur	
Survey No.	11	12	13	14	15	16
Urban or Rural	Urban	Rural	Rural	Rural	Rural	Rural
No. of families	8	19	13	30	30	30
No. of persons	7 10	28	28	139	139	139
No. of days of survey				10	10	10
Season	Apr. & May	Autumn '38	Spring '38	April 1948	September, 1948	
Economic status etc.	Middle Class Sikhs.	Small cultivators.	Small cultivators	Refugees from West Punjab	15 refugees. 15 static population	

FOODSTUFF OZs. per consumption unit per day

Rice	22.4	14.0	14.7	0.4		
Wheat		3.3	3.0	21.0		
Millets						
Other cereals						
Pulses	2.7	10.5 (maize)	8.9 (maize)	3.33	17.76	18.6
Leafy vegetables	4.2	1.6	1.6	0.04	12.38	15.0
Other vegetables		1.6	1.1	3.9	4.68	5.14
Fruits	1.0				0.14	0.24
Ghee	1.5		0.05	1.5	1.42	1.72
Vegetable oil		0.35	0.34			
Milk and milk products	12.3	2.0	1.4	1.5	25.39	38.36
Meat, fish, eggs	0.1		0.1			
Sugar and Jaggery	0.54	0.5	1.1	0.54		
Condiments						

Diet Survey

MADRAS

State		Kurnool							
District									
Locality		Gargaspuram	Pattikonda	Yarragonda palam	Betham- Cherale	Mudathur	Maddikare	Marripur	Nandikotkur
Survey No.		1	2	3	4	5	6	7	8
Urban or Rural									
No. of families		21	22	23	15	16	16	15	18
No. of persons		"	"	"	"	"	"	"	"
No. of days of survey		"	"	"	"	"	"	"	"
Season		Sep. 45	Oct. 45	Oct. 45	Nov 46	Aug. 46	Dec. 46	Jan. 47	March 47
Economic status etc.		Income Rs. 76/ p.m.	Income Rs. 148/ p.m.	Income Rs. 60/ p.m.	Income Rs. 35/ p.m.	Income Rs. 31/ p.m.	Income Rs. 54/ p.m.	Income Rs. 31/ p.m.	Income Rs. 39/ p.m.

FOODSTUFF Oza. per consumption unit per day

Rice	3 48	13-18	9-05	2-60	1-91	3-40	6-66	4-60
Wheat	0-07	0-39		0-50	"	0-14	"	0-10
Millet								
Other cereals	20-72	8-96	16-01	16-90	18-81	16-80	6-26	22-40
Pulses	2-62	2-23	1-45	0-90	1-00	1-60	0-54	0-44
Leafy vegetables	0-59	0-28	0-90	0-70	0-60	0-20	0-64	0-02
Other vegetables	1-50	2-70	0-97	1-04	0-38	2-05	0-81	0-83
Fruits								
Ghee and vegetable oil	0-60	0-95	0-50	0-20	0-20	0-30	0-03	0-02
Milk and milk products	3-56	5-41	9-12	3-70	0-04	2-81		
Meat, fish, eggs	0-45	0-46	0-10	0-60	0-007	0-50	0-49	1-62
Sugar & Jaggery	10-26	0-50	0-10	0-30		0-32		
Condiments	1-65	2-87	4-06	2-43	0-99	2-39	1-12	1-24

Diet Survey

MADRAS

Aimood

Survey No.	Nandukkur			Dhone			Pattikonda	Krishnagiri	Peralali
	9	10	11	12	13	14	15	16	
Urban or Rural									
No. of families	13	"	15	15	12	"	18	18	
No. of persons	"	"	"	"	"	"	"	"	
No. of days of survey	"	"	"	"	"	"	"	"	
Season	March, 1947			May 1947			June 47		
Economic status etc.	Police lines	Poor boys home	Ra. 46/ p.m.	Ra. 57/ p.m.	Ra. 70/ p.m.	Poor boys hostel	Ra. 43 p.m.	August 47	Ra. 36/ p.m.

FOODSTUFF Oza. per consumption unit per day

	1471	5 59	3 70	2 61	2 34	11 74	6 33	17 40	0 10	0 02	0 40	0 53	0 51
Rice	"	"	"	"	"	"	"	"	"	"	"	"	"
Wheat	4 32	12 71	13 60	10 66	12 88	"	"	17 66	1 15	0 18	0 14	0 29	1 36
Millers	1 70	2 46	0 30	0 33	0 62	2 77	0 38	0 18	0 18	0 38	0 14	0 29	1 36
Other cereals	0 13	0 23	0 50	0 70	0 40	1 70	0 30	0 14	0 10	0 02	0 40	0 53	0 51
Pulses	0 97	0 33	0 50	0 70	0 40	1 70	0 30	0 14	0 10	0 02	0 40	0 53	0 51
Leafy vegetables	0 20	0 37	0 15	0 55	1 07	0 37	0 30	0 14	0 10	0 02	0 40	0 53	0 51
Other vegetables	2 22	0 15	0 15	0 78	0 95	0 37	0 30	0 14	0 10	0 02	0 40	0 53	0 51
Fruits	0 73	0 75	0 81	0 78	0 95	0 37	0 30	0 14	0 10	0 02	0 40	0 53	0 51
Ones and vegetable oil	0 19	0 15	0 15	0 78	0 95	0 37	0 30	0 14	0 10	0 02	0 40	0 53	0 51
Milk and milk products	1 17	0 75	0 81	0 78	0 95	0 37	0 30	0 14	0 10	0 02	0 40	0 53	0 51
Meat, fish, eggs													
Sugar and Jaggery													
Condiments													

* Negligible

Diet Survey

MADRAS

State

District	Kurnool				Chingleput		
Locality	Peapalli	Panyam	Nearidindurtha	Tulgi	Kotikuntla	Poonasallies	Sripetumbachur
Survey No.	17	18	19	20	21	22	24
Urban or Rural							
No. of families	---	12	9	13	15	28	14
No. of persons	"	"	"	"	"	"	"
No. of days of survey	"	"	"	"	"	"	"
Season	August 47	September 47	September 47	September 47	September 47	December 45	October 46
Economic status etc.	Poor boys hostels	Ra. 40/ p.m.	Ra. 47/ p.m.	Ra. 45/ p.m.	Ra. 49/ p.m.	Ra. 65/ p.m.	Ra. 31/ p.m.

FOODSTUFF Osa. per consumption unit per day

Rice	0.57	---	1.62	"	"	14.77	18.20	7.80
Wheat	0.13	---	"	"	"	0.43	0.31	0.50
Millet	18.21	18.80	11.56	14.33	21.10	0.33	"	0.80
Other cereals	1.08	0.58	11.23	0.63	0.24	1.06	1.12	0.32
Pulses	---	0.88	1.02	0.68	0.68	0.14	0.39	0.60
Leafy vegetables	1.09	0.42	0.88	0.34	0.44	2.36	3.10	1.00
Other vegetables	"	"	"	"	"	"	"	"
Fruits	"	"	"	"	"	"	"	"
Ghee and vegetable oil	"	"	0.70	0.20	11.63	0.50	0.70	0.20
Milk and milk products	8.90	16.26	5.72	"	0.17	1.78	3.93	0.23
Meat, fish, eggs	---	---	"	"	"	1.11	1.03	0.10
Sugar and Jaggery	0.36	0.48	"	"	0.43	0.40	0.31	0.03
Condiments	1.28	0.70	0.78	0.89	"	1.65	2.10	1.00

Negligible

Diet Survey

State

MADRAS

District

Chingleput

Locality

Persons

Survey No.

Vandalur

Persons

Urban or Rural
No. of families
No. of persons
No. of days of survey

Timbali
boudhram

Persons

Season

March 47

August 47

Economic status etc.

August 47

August 47

FOODSTUFF Oms. per consumption unit per day

Rice

1617

1109

Wheat

060

030

Millet

014

012

Other cereals

026

014

Pulses

009

011

Leafy vegetables

010

014

Other vegetables

026

014

Fruits

020

014

Ghee and vegetable oil

020

014

Milk and milk products

003

015

Meat, fish, etc.

042

015

Sugar and jaggery

009

015

Condiments

045

058

Negligible

District	Chingleput		Colimbatore			
	Karunknabi	Munjur	Ettrimadi	Singanallur	Pollachi	Colimbatore
Survey No.	33	34	35	36	37	38
Urban or Rural						
No. of families	14	12	56	18	18	16
No. of persons						
No. of days of survey						
Season	Oct 47	Nov 47	Feb. 48	Feb 48	F B. 48	July 1947
Economic status etc	Harijans Rs. 49/ p.m.	Harijans Rs. 49/ p.m.	Harijans Rs. 59/ p.m.	Harijans Rs. 47/ p.m.	Harijans Rs. 70/ p.m.	Police lines Rs. 79/ p.m.

FOODSTUFF Oza. per consumption unit per day

Rice	11 10	9 71	19 30	23 90	19 10	8 14	10 28	10 05
Wheat
Millet	5 50	7 29	7 20	0 90	2 10	0 48	0 69	0 77
Other cereals	0 10	0 30	0 30	1 94	1 30	0 71	0 88	0 78
Pulses	1 10	0 30	1 30	0 27	0 63	0 72
Leafy vegetables	0 14	0 66	...	4 10	3 90	1 80	2 42	1 68
Other vegetables
Fruits
Grass and vegetable oil	...	0 20	0 60	0 70	0 40	0 50	0 50	0 60
Milk and milk products	3 30	3 50	6 10	6 57	5 43	4 20
Meat, fish, eggs	0 15	0 35	0 19	0 30	0 10	0 20
Sugar and Jaggery	0 93	1 16	0 93
Condiments	0 66	0 89	0 49	0 64	0 71

District	Chittoor				Bellary			
Locality	Vayalpad	Puttur	Naguri	Kadathani	Alur	Adoni	Rayadurg	Hadagalli
Survey No.	49	50	51	52	53	54	55	56
Urban or Rural	16	13	14	22	21	16	14	15
No. of families
No. of persons	May 47	Oct. 47	Dec. 47	Sep. 45	Oct. 45	June 46	Sep. 46	Dec. 46
No. of days of survey	Marjuna Ra. 51/ p.m.	Marjuna Ra. 42/ p.m.	Marjuna Ra. 31/ p.m.	Marjuna Ra. 28/ p.m.	Marjuna Ra. 33/ p.m.	Marjuna Ra. 55/ p.m.	Marjuna Ra. 36/ p.m.	Marjuna Ra. 32/ p.m.
Season
Economic status etc.

FOODSTUFF Oms. per consumption unit per day

Rice	1945	3.00	9.03	1.24	3.96	3.35	2.90	0.80
Wheat	0.11	0.22	..	3.70	0.03
Milletts	..	14.90	7.33	27.79	16.94	20.97	11.90	26.81
Other cereals	..	0.20	..	3.01	1.46	2.72	0.20	0.16
Pulses	..	0.30	..	0.21	0.11	0.73
Leafy vegetables	1.10	0.96	1.24	0.25	1.31	1.61	1.30	..
Other vegetables
Fruits	..	0.10	..	0.30	0.40	0.23
Ghee and vegetable oil	..	0.20	1.27	1.15	2.42	0.18
Milk and milk products	1.26	0.26	0.50
Meat, fish, eggs	0.69	0.99
Beef and jagger	1.32	0.65	0.63	1.63	1.40	..	2.40	1.50
Sediments

Negligible.

Diet Survey

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MADRAS

State

Anantapur

District

Locality	Anantapur M.T.	Hindapur	Kadiri	Madagara	Kalyandrug	Penukonda	Uttarakonda	Anantapur M.T.
Survey No	65	66	67	68	69	70	71	72
Urban or Rural								
No. of families	30	"	15	12	15	14	15	18
No. of persons	"	"	"	"	"	"	"	"
No. of days of survey	"	"	"	"	"	"	"	"
Season	Feb. 45	Feb. 45	June 46	July 46	July 46	Aug. 46	Nov. 46	Jan. 47
Economic status etc.	"	Boarding House	Rs. 267 p.m.	Rs. 30/ p.m.	Rs. 21/ p.m.	Rs. 27/ p.m.	"	Rs. 51/ p.m.

FOODSTUFF Oms. per consumption unit per day

Rice	15 10	7 30	3 61	11 48	9 90	4 30	0 80	10 05
Wheat	0 50	0 70	"	9 26	2 94	0 54	0 10	3 31
Millet	"	"	"	"	"	"	"	"
Other cereals	8 20	15 40	15 89	1 91	8 40	7 86	14 80	5 22
Pulses	2 00	1 50	0 66	1 46	1 01	0 34	0 14	0 20
Leafy vegetables	"	"	"	"	"	"	"	"
Other vegetables	1 70	"	0 65	0 34	2 57	0 81	0 20	0 85
Fruits	"	"	"	"	"	"	"	"
Grease and vegetable oil	0 30	1 00	"	"	0 20	"	"	0 10
Milk and milk products	"	"	1 72	0 44	"	1 50	0 10	2 24
Meat, fish, eggs	2 20	0 45	2 19	0 13	"	"	"	0 16
Sugar and Jaggery	"	"	"	"	"	"	"	"
Condiments	"	"	2 12	0 26	3 30	0 64	1 44	0 95

Negligible

Diet Survey

MADRAS

Anantapur

Locality	Yad ki	Geety	Geetkhal	Geetkhal	Kalyandul	Jamula	Could pp h
Survey No.	73	74	75	76	77	78	79
Urban or Rural							
No of families							
No. of persons	15						
No of days of survey							
Season	Jan. 47	Apr 47	Apr 47	Apr 47	July 47	Sept 46	Sept 46
Economic status etc.	Ra. 20/ p.m.	Hosel	Ra. 45/ p.m.	Harjans Ra. 61/ p.m.	Harjans Ra. 41/ p.m.	Chinnins Ra. 54/ p.m.	Mr J C Ra. 43/ p.m.

FOODSTUFF Oza. per consumption unit per day

	0 98	12 78	3 12	3 50	9 51	1 30	3 84	3 51
Rice	1 90	0 47
Wheat	15 80	3 45	13 27	13 00	4 28	...	11 00	17 33
Millets	0 10	3 47	0 24	0 70	0 20	18 70	1 39	0 65
Other cereals	0 30	0 24	...	1 00	0 82	0 70	2 10	1 20
Pulses	0 30	2 13	0 47	...	0 82
Leafy vegetables
Other vegetables
Fruits
Greens and vegetable oil	0 50	0 50	...	0 10	...	0 60
Milk and milk products	0 82	0 82
Meat, fish, eggs	0 89	0 89
Sugar and Jaggery	0 93	0 12	1 08	2 70	1 81
Condiments	1 41	1 48	0 65	1 69	1 76	0 77	3 83	3 33
Negligible

District	Cuddalore				Madurai		
	Kodur	Rajampet	Badvel	Rajampet	Cumbum	Cumbum	Madurai Town
Survey No.	81	82	83	84	85	86	88
Urban or Rural							
No. of families	13	15	11	14	15	14	14
No. of persons							
No. of days of survey							
Season	Oct. 46	Nov 46	Sep 47	Dec 47	Oct. 46	Oct. 46	Apr. 47
Economic status etc.	Mixed Community Ra. 39/ p.m.	Mixed Community Ra. 32/ p.m.	Hartians Ra. 31/ p.m.	Ra. 41/ p.m.	Hindu Non Brahmins Ra. 26/ p.m.	Non Brahmins Ra. 32/ p.m.	Muslims Ra. 25/ p.m.

FOODSTUFF Oza. per consumption unit per day

Rice	1.70	3.11	3.90	0.88	11.90	13.00	6.60	16.41
Wheat	-	0.33	-	-	1.90	2.10	2.30	0.10
Millers								
Other cereals	17.40	13.03	7.42	14.72	3.20	2.20	2.70	0.97
Pulses	0.40	0.16	0.10	0.10	0.46	0.16	0.50	1.48
Leafy vegetables	0.40	0.18	0.10	0.34	0.70	1.60	0.70	0.70
Other vegetables	0.80	0.90	0.15	0.61	0.50	0.30	1.00	3.67
Fruits								
Ghee and vegetable oil	1.50	0.50	0.20	0.20	0.20	0.10	0.10	0.34
Milk and milk products	1.23	0.48	0.10	0.10	-	0.30	0.10	4.41
Meat, fish, eggs								0.47
Sugar and Jaggery		0.06		0.15				0.60
Condiments	1.26	1.49	0.86	1.00				0.75

* Negligible

State

MADRAS

District	Tinnevely							Temple
Locality	Ramnad	Kalpatti			Thiruchendur			P. et Kottai
Survey No.	97	98	99	100	101	102	103	104
Urban or Rural								
No. of families	15	15	15	15	15	15	14	16
No. of persons	"	"	"	"	"	"	"	"
No. of days of survey	"	"	"	"	"	"	"	"
Season	Sep. 47	June 47	June 47	June 47	October 47	October 47	October 47	June 47
Economic status etc.	Harjans Rs. 50/ p.m.	Harjans Rs. 60/ p.m.	Non-Brahmins Rs. 71/ p.m.	Non-Brahmins Rs. 80/ p.m.	Non-Brahmins Rs. 39/ p.m.	Harjans Rs. 44/ p.m.	Harjans Rs. 44/ p.m.	Non-Brahmins Rs. 46/ p.m.

FOODSTUFF OZs. per consumption unit per day

Rice	12-88	14-33	14-70	15-48	10-00	9-44	12-46	16-73
Wheat	---	---	---	---	---	---	---	---
Millers	---	---	---	---	---	---	---	---
Other cereals	0-12	0-48	0-93	0-56	0-11	---	---	0-10
Pulses	0-74	0-72	0-13	1-20	0-10	---	0-12	0-10
Leafy vegetables	1-10	0-26	0-13	1-06	0-10	---	---	---
Other vegetables	---	2-00	2-02	2-50	0-52	0-16	0-70	1-80
Fruits	---	---	---	---	---	---	---	---
Ghee and vegetable oil	0-13	0-24	0-40	0-54	0-10	---	---	0-20
Milk and milk products	---	1-10	1-19	2-81	---	---	---	2-67
Meat, fish, eggs	0-79	0-23	0-29	0-12	0-21	0-19	0-48	0-39
Sugar and Jaggery	---	0-28	0-60	0-65	---	---	0-13	0-11
Spices	1-66	0-45	0-63	0-72	0-40	0-17	0-59	0-66

Diet Survey

MADRAS

State

District	Tanjore				Salem			
Locality	Pattabotral		Tiruvadamadur		Omalar		Kochamettupatti	
Survey No.	105	106	107	108	109	110	111	112
Urban or Rural								
No. of families	15	14	18	14	13	15	15	15
No. of persons								
No. of days of survey								
Season	June 47	June 47	October 47	October 47	October 47	July 47	July 47	July 47
Economic status etc.	Mixed Community Rs. 48/ p.m.	Mixed Community Rs. 36/ p.m.	Christian Rs. 46/ p.m.	Non Brahmins Rs. 55/ p.m.	Non Brahmins Rs. 30/ p.m.	Muslims Rs. 55/ p.m.	Non Brahmins Rs. 57/ p.m.	Hajians Rs. 23/ p.m.

FOODSTUFF Oza. per consumption unit per day

Rice	12-90	14-19	8-77	11-35	17-76	10-95	11-78	2-37
Wheat						0-80		
Millers								1-46
Other cereals	0-35	0-31			0-39	0-05	1-91	0-19
Pulses	0-76	0-07		0-31	0-29	0-19	1-76	0-29
Leafy vegetables	1-45	0-14		0-80			0-51	0-86
Other vegetables		1-05	0-40	2-59	3-72	1-22	1-25	
Fruits								
Ghee and vegetable oil	0-30		0-10	0-30	0-40	0-20	0-70	0-10
Milk and milk products	1-61	0-11		0-49	4-92	2-52	5-78	1-08
Meat, fish, eggs	0-87	2-60	0-27	0-10	0-23	0-16	0-59	0-25
Sugar & jaggery	0-17					0-36	0-81	0-30
Condiments	0-70	0-85	0-40	0-83	1-18	0-12	1-13	

* Negligible

MADRAS

State	Nellore						Trichirappalli
District							
Locality	Udayagiri	Kanigiri	Solutpet	Solutpet	Kanamalai		Andanallur
Survey No.	113	114	115	116	117	118	119
Urban or Rural
No. of families	15	12	12	13	10	10	11
No. of persons
No. of days of survey
Season	Sep. 47	Sep. 47	Sep. 47	Nov 47	Sep. 46	Oct. 46	Oct. 46
Economic status etc.	Hardyana Ra. 44/ p.m.	Yanadi Ra. 37/ p.m.	Yanadi Ra. 43/ p.m.	Hardyana Ra. 45/ p.m.	Muslims Orphanage Ra. 26/ p.m.	Brahmin Ra. 86/ p.m.	Pallar Ra. 40/ p.m.

FOODSTUFF Oms. per consumption unit per day

Rice	4.00	0.21	17.84	11.50	14.93	12.20	34.20
Wheat	1.01	0.50	...
Millers
Other cereals	12.70	16.71	...	4.10	...	1.85	...
Pulses	0.15	...	1.00	...	0.55
Leafy vegetables	0.70	1.35	1.18	...	1.87	4.00	2.10
Other vegetables	...	0.21	0.85	0.34	4.60	...	2.10
Fruits
Ghee and vegetable oil	0.20	...	0.20	2.00	0.23
Milk and milk products	10.00	...
Meat, fish, eggs	0.58	1.57	2.45	0.51	...	1.30	0.54
Sugar and Jaggery
Condiments	0.41	0.54	0.93	0.44	0.50	1.30	1.70

Negligible

MADRAS

• **Neelgiri** •

Diet Survey

MADRAS

State

Thiruchirappalli

District

Locality

Thiruvannamur

Aravakudi

Chinnadarsapuram

C

Survey No.

129

130

131

132

133

134

135

Urban or Rural
No. of families
No. of persons
No. of days of survey

16

15

14

14

15

15

15

Season

Jan. 47

Jan. 47

Jan. 47

Jan. 47

Jan. 47

Feb. 47

Jan. 47

Economic status etc.

Muslims
Ra. 96/
p.m.Non-
Brahmins
Ra. 34/
p.m.Indian
Christians.
Ra. 55/
p.m.Muslims
Ra. 59/
p.m.Hindus
Non-
Brahmins
Ra. 48/
p.m.Muslims
Ra. 61/
p.m.Indian
Christian
Ra. 53/
p.m.

FOODSTUFF Ora. per consumption unit per day

Rice

20.00

20.25

20.96

12.50

8.30

14.80

4.50

Wheat

0.10

"

"

2.60

1.80

0.80

10.40

Millets

0.82

0.95

0.48

0.14

3.48

0.63

11.70

Other cereals

0.13

0.12

0.34

0.86

0.67

1.05

0.45

Leafy vegetables

3.56

3.02

0.95

2.11

2.97

2.45

3.25

Other vegetables

0.30

0.30

0.14

0.20

0.50

0.30

0.30

Fruits

4.05

2.76

0.19

4.00

1.10

2.75

"

Ghee and vegetable oil

1.06

0.56

2.41

0.30

0.06

0.20

1.06

Meat, fish, eggs

0.11

0.10

1.65

0.43

0.10

0.56

1.17

Sugar and jelly

0.77

0.82

"

0.48

0.54

0.81

"

Diet Survey

MADRAS

Trichile pp III

Tiruchitappalur												
Locality	Chinna darpuram	Kuppachipalayam				Paramathi			Vel' mal			
Survey No.	137	138	139	140	141	142	143	144	145	146	147	
Urban or Rural												
No. of families	13	15	14	14	15	14	15	16	17	18	19	
No. of persons												
No. of days of survey												
Season	February 1947						March 1947					
Economic status etc.	Pullars Rs. 48/- p.m.	Mundams Rs. 71/ p.m.	Non Brahmins Rs. 38 p.m.	Dravidas Rs. 41 p.m.	Non- Brahmins Rs. 71/ p.m.	Non- Brahmins Rs. 37/ p.m.	Dravidas Rs. 38 p.m.	Non Brahmins Rs. 33/ p.m.				

FOODSTUFF Oms. per consumption unit per day

Rice	Wheat	Millers	Other cereals	Pulses	Leafy vegetables	Other vegetables	Fruits	Grass and vegetable oil	Milk and milk products	Meat, fish, eggs	Sugar and Jaffery	Condiments
16.90	0.13	2.18	0.15	0.06	5.43	0.20	0.60	0.03	...	1.66
17.39	0.45	0.63	0.92	2.58	0.40	2.44	0.28	0.21	0.44	0.81
17.70	0.51	0.72	1.80	1.31	0.30	5.09	0.40	1.38	0.61	0.78
8.50	0.09	7.21	1.66	2.34	0.30	5.03	0.76	0.78	0.61	0.78
8.30	...	18.05	1.70	3.43	0.44	4.34	0.05	0.29	0.30	0.37
6.86	...	18.67	0.61	4.09	0.32	0.4	1.81	0.37

Thru-hitchhappil

Locality	Vellimal			Ramjeenagar			Dalimpuram		
Survey No.	145	146		147	148	149	150	151	
Urban or Rural									
No. of families	15	15		15	15	15	14	15	
No. of persons									
No. of days of survey									
Season	March, 1947			April, 1947			May 1947		
Economic status etc.	Hindu Non Brahmins Rs. 37/- p.m.	Pallat Rs. 39/ p.m.		Hindus & Christians Rs. 65/ p.m.	Mixed Community Rs. 91/ p.m.	Hindu Rs. 71/ p.m.	Mixed Community Rs. 42/ p.m.	Mixed Community Rs. 93/ p.m.	

FOODSTUFF Oza. per consumption unit per day

	8-45	6-89	22.77	15-08	20-60	19-80	13-27
Rice	0-12	"	"	0-23	"	0-23	0
Wheat	"	"	"	"	"	"	"
Millers	12-77	10-20	"	2-04	2-26	1-56	0-84
Other cereals	1-21	1-07	1-64	0-29	0-19	0-34	1-29
Pulses	0	0-19	0-25	3-40	4-61	1-94	0-60
Leafy vegetables	2-39	0-18	2-81	"	"	"	3-20
Other vegetables	"	"	"	"	"	"	"
Fruits	0-50	0	0-50	1-60	1-14	0-54	1-30
Ghee and vegetable oil	5-62	"	3-53	11-54	8-47	4-53	10-53
Milk and milk products	"	0-17	0-33	0-38	1-48	0-51	0-57
Meat, fish, etc.	0-23	"	0-12	1-11	1-72	0-34	1-81
Sugar & Jaggery	1-00	0-40	1-25	1-19	1-65	0-78	0-18
Condiments							

• **Needle** •

Diet Survey

MADRAS

State	West Godavari				North Arcot	
District	Tadapalligudem				Arakonam	
Locality	Madagapalli				Arakonam	
Survey No.	153				155	
Urban or Rural	Urban				Urban	
No. of families	14				14	
No. of persons	14				14	
No. of days of survey	14				14	
Season	December 47				October 47	
Economic status etc.	Harijans				Mixed Community	
	Rs. 48/ p.m.				Rs. 51/ p.m.	

FOODSTUFF Oms. per consumption unit per day

	21-70	21-61	9-23	10-19	15-7
Rice	21-70	21-61	9-23	10-19	15-7
Wheat	"	"	"	"	"
Millets	"	"	"	"	"
Other cereals	"	"	"	"	"
Pulses	1-30	0-10	0-22	0-10	1-30
Leafy vegetables	0-10	1-30	0-23	0-63	0-59
Other vegetables	0-10	0-23	0-75	1-36	0-97
Fruits	0-90	0-60	0-14	0-20	1-9
Ghee and vegetable oil	1-10	1-37	0-6	2-10	0-40
Milk and milk products	"	"	0-10	0-87	3-03
Meat, fish, eggs	"	"	0-29	0-89	1-91
Sugar & Jaggery	"	"	"	0-29	2-31
Confections	"	"	"	"	1-03

* Negligible.

ORISSA

Ganjam Agency & Khondmals

District	Phulbani	Cochapada	Udayagiri	Baliguda	Kharupada	Phulbani
Locality	Phulbani	Phulbani	Phulbani	Phulbani	Phulbani	Phulbani
Survey No.	1	2	3	4	5	6

Rural

72 in all
309 in all

November December 1947 & March, February 1948.

Economic status etc.

People residing in these areas are mostly aboriginals. Cultivation is their primary occupation.

Students

FOODSTUFF Osm. per consumption unit per day

	22-93	21-25	19-38	26-02	18-01	22-02	19-42
Rice
Wheat	0-46	0-07	0-82	0-36	1-35	0-47	2-33
Millet	0-47	0-25	0-33	2-68	0-50	0-23	0-16
Other cereals	2-11	3-76	2-29	1-75	2-66	1-94	1-77
Pulses	1-68	0-85	2-26	..	1-34	2-22	0-10
Leafy vegetables	0-04	0-02	0-01
Other vegetables	0-06	0-13	..	0-07	..
Fruits	0-09	0-11
Ghee and vegetable oil
Milk and milk products
Meat, fish, eggs
Sugar and Jaggery
Condiments

* Negligible.

Diet Survey

ORISSA

State	ORISSA										
District											
Locality	Puri										
Survey No.	14	15	16	17	18	19	20	21	22	23	
Urban or Rural	Urban	Rural	Rural	Rural	Small Urban	Rural	Urban	Rural	Rural	Rural	
No. of families	10	10	10	10	10	10	10	10	10	10	
No. of persons	10	10	10	10	10	10	10	10	10	10	
No. of days of survey	10	10	10	10	10	10	10	10	10	10	
Season	May 1940 to December 1941										
Economic status etc.	Families having income above Rs. 5/ per head of member										

Monthly income per head of member between Rs. 2/4/ to Rs. 5/

FOODSTUFF Oza. per consumption unit per day

	15-25	27-37	21-30	20-66	19-02	22-18	21-57	23-34	23-21	23-40
Other cereals	3-50	"	0-02	0-13	1-85	0-50	0-78	0-70	"	1-00
Wheat	"	"	"	"	"	"	"	0-15	"	"
Other vegetables	3-76	2-03	2-78	2-32	3-27	3-32	1-31	1-57	2-46	2-70
Other vegetables	0-08	1-01	0-73	0-62	0-41	0-53	0-40	0-91	1-55	0-71
Fruits	6-52	3-91	4-22	5-23	8-78	7-13	3-73	4-99	1-91	4-24
Ghee	"	"	0-25	1-12	0-02	0-03	"	0-50	0-20	0-20
Vegetable oils	0-16	0-06	0-02	0-31	0-42	0-08	0-34	0-21	0-23	0-46
Milk & milk products	1-00	0-14	0-46	0-51	0-49	0-38	0-40	0-52	0-13	2-33
Meat, fish, and eggs	3-14	3-49	2-00	2-12	4-00	4-51	4-03	2-21	0-91	1-91
Sugar and jaggery	0-14	0-15	0-47	2-27	1-70	1-14	0-14	0-35	0-40	0-70
Condiments	"	"	"	0-26	0-42	0-42	"	"	"	"
Other foods	0-36	0-20	0-36	0-19	"	0-67	"	0-13	0-37	0-12

* Negligible

ORISSA									
State									
District	Puri								
Locality									
Survey No.	24	25	26	27	28	29	30		
Urban in Rural No. of families No. of days of survey	Semi Urban	Rural	Rural	Rural	Rural	Semi Urban	Rural		
	10	10	10	10	10	10	10	10	
Season	May 40 to December 41								
Economist, Bhabha etc.	Monthly income per head of member between Rs. 2/8 to Rs. 5/								
	Monthly income per head of member below Rs. 2/8/								

FOODSTUFF Ors. per consumption unit per day

Rice	24-20	21-89	21-16	20-33	17-44	24-41	21-58
Wheat	0-03	"	"	"	"	0-04	"
Millers	"	"	"	"	"	"	"
Other cereals	2-91	2-76	1-11	0-24	"	"	"
Pulses	1-63	0-90	0-99	1-23	0-73	1-24	0-97
Leafy vegetables	5-89	4-31	1-27	2-50	1-82	0-33	1-11
Other vegetables	0-74	0-90	2-98	2-53	1-48	6-37	2-42
Fruits	0-18	"	"	0-02	0-08	"	"
Ghee	0-42	0-41	0-11	0-10	0-05	0-20	0-18
Vegetable oils	2-25	0-96	"	0-10	0-34	0-01	"
Milk and milk products	0-70	0-81	1-32	1-12	0-31	1-35	0-82
Meat, fish and eggs	0-29	0-13	0-80	"	0-20	"	0-03
Sugar and Jaggery	"	"	"	"	"	"	"
Condiments	"	"	"	"	"	"	"
Other foods	"	0-90	0-13	0-19	"	"	0-05

Diet Survey

ORISSA									
State									
District	Angul Sub-Division								
Locality									
Survey No.	31	32	33	34	35	36			
Urban or Rural	Semi Urban	Rural	Semi Urban	Rural	Rural	Rural			
No. of families	102 (for Survey Nos. 31 to 40)								
No. of persons	10	10	10	10	10	10			
No. of days of survey							10		
Season	January 1942 to August 1942								
Economic status etc.	Monthly income per head of members above Rs. 5/			Monthly income per head of members between Rs. 2/8 to Rs. 5/					

FOODSTUFF Ozn per consumption unit per day

	18-98	28-60	21-93	23-30	29-67	23-34
Rice	18-98	28-60	21-93	23-30	29-67	23-34
Wheat	112					
Millet						
Other cereals	0-28 (Rag)					
Pulses	3-75	3-16	1-89	1-63	2-01	1-59
Leafy vegetables	1-45	2-26	1-68	2-24	1-36	1-14
Other vegetables	10-85	7-07	6-61	5-35	2-64	1-94
Fruits	0-13	2-60	0-44	1-75	0-43	0-61
Green	0-40	0-15				
Vegetable oils	0-90	0-28	0-60	0-22	0-18	0-14
Milk and milk products	6-47	1-15		0-04		0-41
Meat, fish, and eggs	2-40	0-17	0-76	0-20	0-01	0-64
Sugar & Jaggery	0-83	0-41	0-13		0-09	
Other foods						
Condiments	0-26	0-03				

Negligible

ORISSA

Puri Sadar Sub-Division						
State	District	Puri Zilla School Hostel Hindoo Mess	Puri Zilla School Hostel Mohammedan Mess	Puri Sanskrit College Hostel	Puri Brahman Samiti Hostel	Deland Middle English School Hostel
Locality						
Survey No.	46	47	48	49		50
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Rural
No. of families						
No. of persons						
No. of days of survey						
Season			10 December 1940			3 July 40
Economic status etc.						Monthly charges Rs. 4/ per man.
	Monthly Messing per man Rs. 7/	Messing charges Rs. 5/ per man per man.	Monthly messing charges Rs. 3/12 to Rs. 4/ per man.	Monthly charges Rs. 4/8/ to Rs. 5/ per man.		

FOODSTUFF Osa. per consumption unit per day

Rice	16'00	18'50	16'30	14'00	30'30
Wheat	2'60	2'60	0'30	3'30	---
Millers	---	---	---	---	---
Other cereals	6'00	5'20	4'03	5'30	6'30
Pulses	0'70	1'20	0'30	---	---
Leafy vegetables	10'77	6'30	6'74	6'91	7'60
Other vegetables	0'52	---	0'08	---	0'08
Fruits	0'40	---	0'20	0'20	0'30
Ghee	1'40	0'60	0'15	0'40	0'40
Vegetable oils	---	---	0'39	1'10	---
Milk and milk products	1'20	2'30	0'08	0'04	---
Meat, fish and eggs	1'40	---	---	---	---
Sugar & jaggery	---	---	---	---	---
Condiments	---	---	---	---	---

*Negligible

Diet Survey

State	ORISSA	Khurda Sub-Division	Localities	Survey No.	Urban or Rural	Season	Economic status etc.
			Khurda Middle English School Hostel	51	Urban	August 1940	Messing charges Rs. 4/8 to 5/ p.m.
			Khurda Elementary Training School Hostel	52	Urban		Messing charges Rs. 4/ per man
			Jania Middle English School Hostel	53	Rural	July Aug. 40	Monthly messing charges per member Rs. 4/
			Holgarh Middle English School Hostel	54	Rural	March 41	
			Begunia Middle English School Hostel	55	Rural	March 41	
			Bhubaneswar Middle English and High English School Hostels	56	Semi Urban	November 1940	Messing charges Rs. 4 1/2 to 5 / p.m. per man

FOODSTUFF Oms. per consumption unit per day

	1935	1930	21-62	20-30	1921-32	1922-29
Rice	15.35	0.30				17.22
Wheat	1.75				0.03	0.76
Millet						
Other cereals	4.98	9.09	6.30	6.05	3.51	0.04
Pulses		0.10	0.04		0.12	3.72
Leafy vegetables	9.45	10.80	8.80	10.91	11.77	0.16
Other vegetables	0.01	0.02	0.30		0.01	11.35
Fruits	0.11				0.02	0.05
Ghee	0.40	0.20	0.50	0.27	0.30	0.33
Vegetable oils	0.52		1.30	0.20		0.17
Milk and milk products	0.66	0.60	0.30		4.70	1.07
Meat, fish, and eggs	0.02	0.01	0.10	0.06	0.21	1.15
Sugar & jaggery						0.20
Condiments						

Diet Survey

ORISSA

State	ORISSA	
District	Gop Middle English School Hostel	Gop Middle English School Hostel
Locality	Gop Middle English School Hostel	Gop Middle English School Hostel
Survey No.	57	58
Urban or Rural	Rural	Rural
No. of families	8	10
No. of persons	1	1
No. of days of survey	Max. 1941	November 1941
Season	Monthly Missing charges per head Rs. 4/1	Monthly Missing charges per head Rs. 4/1
Economic status etc.	Monthly Missing charges per head Rs. 4/1	Monthly Missing charges per head Rs. 4/1

FOODSTUFF Ons per consumption unit per day

Rice	1600	1740
Wheat	176	004
Millers	1	1
Other cereals	505	4-68
Pulses	003	0-34
Leafy vegetables	1066	8-37
Other vegetables	003	0-08
Fruits	036	0-60
Glue	061	0-13
Vegetable oils	3-17	0-92
Milk and milk products	147	0-13
Meat, fish, and eggs	0-64	0-13
Sugar and jaffery	1	1
Condiments	1	1

* Negligible

WEST BENGAL

State

District	Calcutta		Hooghly		
Locality	Calcutta	Calcutta	Singer Health Centre		
Survey No.	1	2	3	4	5
Urban or Rural	Urban	Urban	Rural	Rural	Rural
No. of families	5	7	340	340	340
No. of persons	48	21	11976	11976	11976
No. of days of survey	7			7	7
Season	--- "	June ---	-1946-47	--- 1946-47	Dec Feb. 1946-47
Economic status etc.	Middle class families earning Rs. 200 to Rs. 500/	Marwari families earning Rs. 100/ to 1000/	Mostly agricul- turists. Yearly ex penditure on food above Rs. 300/	Mostly agricul turists. Yearly ex penditure on food Rs. 200/ to 300/	Mostly agricul turists

FOODSTUFF Osa. per consumption unit per day

Rice	102	30	2708	2627	2302	2476
Wheat	31	103	---	---	---	---
Millet	---	---	---	---	---	---
Other cereals	---	---	---	---	---	---
Pulses	13	24	194	171	144	171
Leafy vegetables	07	---	295	263	263	243
Other vegetables	116	62	1326	1104	894	1144
Fruits	33	31	---	---	---	---
Ghee	22	20	077	{ 067	{ 035	{ 071
Vegetable oils	---	---	---	---	---	---
Milk and milk products	110	117	337	198	111	237
Meat, fish, eggs	56	---	123	082	073	111
Sugar and Jaffery	---	06	087	082	049	109
Condiments	---	---	---	---	---	---

Diet Survey

WEST BENGAL

State	Hooghly				24 Parganas	Dinajpur
District	Single Health Centre				Barrack	
Locality						
Survey No.	7	8	9		10	11
Urban or Rural	Rural	Rural	Rural		Rural	Rural
No. of families	340	340	140		10	40
No. of persons	11976	11976	11976		70	21
No. of days of survey	7	7	7		7	21
Season	Mar. May 1947	June Aug. 1947	Sept. Nov 1947			Jan. Feb.
Economic status etc.		Mostly Agriculturists			Agriculturists dependent on their own land	Small Agriculturists

FOODSTUFF Oms. per consumption unit per day

	25-25	25-35	26-21	27-7	25-0
Rice
Wheat
Millers
Other cereals	1-64	1-88	1-35	1-4	0-4
Pulses	2-85	2-17	2-32	0-2	0-2
Leafy vegetables	10-30	12-10	10-28	9-2	7-0
Other vegetables	0-6	0-3
Fruits	0-73	0-65	0-53	0-6	0-7
Green and vegetable oils	2-25	2-07	1-72	3-1	...
Milk and milk products	0-75	0-94	0-99	1-8	...
Meat, fish, eggs	0-96	0-52	0-65
Sugar & Jaggery
Condiments

No. of families in Survey Nos. 3-9 is 340.
 † No. of persons in Survey Nos. 3-9 is 1976.

State	BARODA (BOMBAY)	BHOPAL	
District	Nawad	Bhopal	
Locality		Bhopal City	
Survey No.	1	2	
Urban or Rural	Rural	Urban	
No. of families	9	37	
No. of persons	55	996	
No. of days of survey	14	12	
Season	Feb. & March	March	
Economic status etc.	Small cultivators	Lower middle class Rs. 250/ to Rs. 500 per year	
		August 1948	
		People consisted of classes poor as well as rich	

FOODSTUFF Oza. per consumption unit per day

Rice	81	08	148
Wheat	113	172	636
Millers			
Other cereals	40	27	326
Pulses	26	02	120
Leafy vegetables		20	056
Other vegetables			078
Fruits	07	056	014
Grease and vegetable oils	23	060	045
Milk and milk products			125
Meat, fish, eggs		091	097
Sugar and jaffery		045	054
Condiments			028

Diet Survey

HYDERABAD

State	HYDERABAD				
District	Aurangabad		Muzamabad	Taluk Alampur	Taluk Alampur
Survey No.	1	2	3	4	5
Urban or Rural	Rural	Rural	Rural	Rural	Rural
No. of families	39	105	31	105	41
No. of persons	710 (11)	7	198	316	212
No. of days of survey	7	7	7	7	7
Season	June & July	June & July	Winter	Early summer	Early summer
Economic status etc.	Small cultivators income less than Rs. 3/ per man value	Small cultivators income Rs. 3/ to Rs. 6/ per man value	Mostly small cultivators family income more than Rs. 20/ p.m.	Small cultivators monthly family income less than Rs. 10/ p.m.	Small cultivators monthly family income more than Rs. 10/ p.m.

FOODSTUFF Oza. per consumption unit per day

	1	2	3	4	5
Rice	23.5 (mostly Jowar)	0.3	20.2	0.5	3.1
Wheat	0.6	0.1	1.4	0.4	0.4
Millet	0.2	25.4 (mostly Jowar)	4.8	25.8 (mostly Jowar)	15.3
Other cereals	0.6	1	2.0	1.3	2.8
Pulses	0.2	1.1	0.1	0.1	0.4
Leafy vegetables	0.1	0.2	2.3	0.1	0.4
Non-leafy vegetables	0.1	0.2	0.1	0.1	0.4
Fruits	0.1	0.2	0.2	0.1	0.4
Ghee	0.04	0.2	0.3	0.1	0.2
Vegetable oils	0.2	0.4	3.9	2.1	3.9
Milk and butter-milk	0.2	0.4	0.3	0.3	0.1
Meat, fish, and eggs	0.2	0.4	0.3	0.3	0.1
Sugar & jaggery	0.2	0.4	0.3	0.3	0.1

Diet Survey

HYDERABAD				
State	HYDERABAD			
District	Aurangabad		Bidar	
Survey No.	6	7	8	9
Urban or Rural No. of families No. of persons No. of days of survey	Rural 28 7	Rural 7 7	Rural 23 164 10	Rural 50 330 10
Season	June & July	June & July	February	February
Economic status etc.	Small cultivators, income Rs. 8/ to Rs. 10/ per man value	Small cultivators income over Rs. 10/ per man value	Mostly small cultivators Telugus	Mostly small cultivators
FOODSTUFF Oms. per consumption unit per day				
Rice	0.9	2.3	0.7	2.0
Wheat	2.0	8.0	0.3	1.1
Millet	2.1	4.2	26.7 (lower)	26.1 (lower)
Other cereals	1.7	2.4	2.2	3.0
Pulses	0.2	1.1	-	0.1
Leafy vegetables	0.3	2.2	-	0.7
Non-leafy vegetables	0.6	1.1	-	0.7
Fruits	0.16	0.7	0.1	0.2
Ghee	0.4	0.4	0.3	0.3
Vegetable oils	2.1	7.9	0.8	4.2
Milk and butter-milk	0.1	0.1	0.4	0.2
Meat, fish and eggs	0.6	1.1	0.4	0.3
Sugar and jaggery				

HYDERABAD

State	Index			
	Hydrabad City (Deccan)	Mahabubnagar	Village Ammasagar	Village Muluk
District				
Survey No.	11	12	13	14
Urban or Rural				
N. of families	Urban 22	Rural 101 561	Rural 38 331	Rural 11 57
N. of persons	10	7	7	10
No. of days of survey				
Season	- February	Winter	Winter	September
Economic status etc.	Low Caste Hindus	Small cultivators family income less than Rs. 20/ p.m.	Mostly small culti- vators, family income more than Rs. 20/ p.m.	Small cultivators
FOODSTUFF Oza. per consumption unit per day				
Rice	14.6	6.0	12.0	2.1
Wheat	9.5	17.6 (mixed)	13.0	13.1 (mostly rag)
Millet				
Other cereals				
Pulses	1.1	0.6	1.5	0.3
Leafy vegetables	1.7	0.2	0.6	1.0
Non-leafy vegetables	0.7			
Fruit				
Green	0.03	0.1	0.3	0.1
Vegetable oils	0.22	0.1	0.2	1.0
Milk and butter milk		1.1	5.3	0.0
Meat, fish, and eggs	0.13	0.4	0.3	
Sugar and jaggery				

HYDERABAD					
State	District	Medak Village Palwalis	Nalgonda	Nizamabad	
Survey No.		16	17	18	19
Urban or Rural		Rural	Rural	Rural	Rural
No. of families		9	118	16	43
No. of persons		46	531	103	212
No. of days of survey		10	7	7	
Season		September	Rains	Rains	Nov & Dec. 1941
Economic status etc.		Small cultivators	Small culti- vators, family income less than Rs. 14/ p.m.	Mostly small cultivators, family income Rs. 14/ to Rs. 30/ p.m.	Daily labourers

FOODSTUFF Oza. per consumption unit per day

Rice		8.3	9.4	20.8	20.2
Wheat		12.9	12.0	2.31	0.01
Millet					4.36
Other cereals					
Pulses		0.3	0.7	0.6	0.6
Leafy vegetables		0.4	0.6	0.17	0.06
Non-leafy vegetables		0.1	0.1	0.6	0.7
Fruits					
Grass					
Vegetable oils		0.15	0.3	0.1	0.1
Milk and butter milk		0.1	2.6	0.14	2.4
Meat, fish and eggs		0.25	0.3	0.3	0.5
Sugar and jaffery			0.1		

HYDERABAD

State	Nizamabad				
District					
Survey No.	21	22	23	24	25
Urban or Rural	Rural	Rural	Rural	Rural	Rural
No. of families	50	15	9	7	113
No. of persons	283	87	61	50	586
No. of days of survey	100	100	100	100	100
Season	Nov & Dec. 1941	Nov & Dec. 1941	Nov & Dec. 1941	Nov & Dec. 1941	Winter
Economic status etc.	Small agriculturists	Small agriculturists	Agriculturists	Agriculturists	Mostly small agri- culturists families become less than Rs. 25/ p.m.

FOODSTUFF Oms. per consumption unit per day

Rice	162	185	2250	197	183
Wheat		08	015	22	22
Millet	80	58	390	28	49
Other cereals					
Pulses	103	210	200	200	07
Leafy vegetables	009	006	011	003	01
Non-leafy vegetables	138	130	190	270	09
Fruits					
Ghee	008	016	020	040	05
Vegetable oils	027	040	040	060	015
Milk and butter-milk	190	280	390	410	150
Meat, fish and eggs	020	020	010	060	050
Sugar & Jaggery	017	020	025	060	

Diet Survey

State	HYDERABAD									00
District	Hyderabad									112
Locality	Hyderabad City									00
Survey No.	26	27	28	29	30	31	32			
Urban or Rural	Urban									
No. of families	66	3	4	4	4	4	1			
No. of persons	238	18	11	44	26	19	4			
No. of days of survey	10	10	10	10	10	10	10			
Season	January to July 1940									
Economic status etc.	Municipal Sweepers Ra. 17/ p.m.	Chaprais Ra. 18/ p.m.	Wardboys Ra. 22/ p.m.	Dels Ra. 26/ p.m.	Gemania Hospital Sweepers Ra. 29/ p.m.	Diobbles Ra. 32/ p.m.	Tailors Ra. 40/ p.m.			
FOODSTUFF Osa. per consumption unit per day										
Rice	25-5	19-0	15-0	19-0	22-5	23-1	26-8			
Wheat	13	4-8	4-0	5-0	5-3	3-1	3-6			
Milletts	6-5	0-9	1-1	1-1	1-3	5-0	2-1			
Pulses	0-4	0-2	0-3	0-3	0-1	0-5	0-5			
Leafy vegetables	0-4	1-2	1-1	1-3	1-7	2-0	3-0			
Other vegetables	0-4	0-5	0-5	0-6	0-9	1-5	0-9			
Fruits	--	1-7	1-0	1-1	4-0	0-3	2-3			
Grass and vegetable oils	--	--	1-6	--	--	3-3	3-6			
Milk and milk products	1-4	--	--	--	--	--	--			
Meat, fish and eggs	--	--	--	--	--	--	--			
Sugar and Jaggery	--	--	--	--	--	--	--			
Condiments	--	--	--	--	--	--	--			

Diet Survey

HYDERABAD

Hyderabad

Hyderabad City

Survey No.

33

34

35

Urban or Rural

No. of families

No. of persons

No. of days of survey

Season

Economic status etc.

Urban

32

157

7

May 1945

Municipal sweepers

Ra. 38/ p.m.

Urban

11

45

7

May 1945

Waley Bath Daily

Labourers

Ra. 30/ p.m.

Urban

1

50

7

February 1946

Orphanas

FOODSTUFF Oza. per consumption unit per day

Rice

Wheat

Millers

Other cereals

Pulses

Leafy vegetables

Other vegetables

Fruits

Ghee and vegetable oils

Milk and milk products

Meat, fish and eggs

Sugar and Jaggery

Condiments

5.6

0.2

15.6

0.9

0.1

1.1

0.2

0.1

0.8

1.3

7.9

0.8

10.0

1.5

0.1

1.5

0.3

0.3

1.1

0.1

2.2

23.5

0.5

3.0

1.7

2.8

2.1

0.9

0.7

1.1

4.3

HYDERABAD

Medak

District	Medak									
Locality	Medak					Ramayyapet				
Survey No.	36	37	38	39	40	41	42	43		
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban	Urban	Urban		
No. of families	1	1	1	1	1	1	1	1		
No. of persons	1	1	1	1	1	1	1	1		
No. of days of survey	1	1	1	1	1	1	1	1		
Season	even Days									
Economic status etc	September 1940 to October 1940									
	G B.S.	G T.S.	B. Grade Hostel	A Grade Hostel	B.S.S.	Nurses Hostel	B.H.	B.H.		

FOODSTUFF Ora. per/ consumption unit per day

Rice	7.3	9.9	7.9	16.4	7.0	8.0	8.0	6.1		
Wheat	1.7	1.6	3.1	3.0	1.8	4.0	1.7	2.5		
Millers	6.5	4.0	7.9		7.5	4.0	2.6	14.5		
Other cereals										
Pulses	1.6	1.2	2.5	1.6	1.0	1.5	2.4	1.1		
Leafy vegetables	2.3	2.4	0.7	0.3	1.3	2.2	0.1	0.1		
Other vegetables	1.7	5.1	1.6	1.6	2.4	6.2	0.2	2.6		
Fruits										
Ghee and vegetable oils	0.4	0.5	0.3	0.3	0.4	0.6	0.4	0.5		
Milk and milk products	2.3	1.5	0.1	0.1		4.2	1.1	0.4		
Meat, fish and eggs	1.5	1.0	0.4	0.7	2.4	1.7	0.5			
Sugar and Jaggery	0.4	0.4	0.8	0.6	0.5	3.0				
Condiments										

Diet Survey

HYDERABAD

Mahabubnagar

District	Lingal settlement									
Locality	Mahabubnagar Jall									
Survey No.	44	45	46	47	48	49	50	51		
Urban or Rural No. of families No. of persons No. of days of survey - Season	Urban		Urban	Rural	Rural	Rural	Rural	Rural	November 1942	
	40 7	7 7	11 234 7	12 65 "	24 130 3	25 170 3	5 43 3	2 12 3		
Economic status etc.	Convicts	Under trials	Chenabao (a small forest tribe)		Agricultural daily labourers Rs. 21/ p.m.	small Agriculturist and Tridimen Rs. 45/ p.m.	Agriculturist Tridimen Rs. 87/ p.m.	Agriculturist & Tridimen Rs. 100/ p.m.		

FOODSTUFF Oza. per consumption unit per day

	100	78	154	01	12	45	97	183
Wheat	141	171	54	43	223	276	178	120
Millet	39	37	14	03	10	30	10	05
Other cereals	12	10	02	"	01	03	01	20
Pulses	46	49	01	"	02	07	18	24
Leafy vegetables	04	05	03	Negligible		10	24	14
Other v. getables	"	"	03	"		06	06	157
Fruits	"	"	03	"		105	47	09
Ghee and vegetable oils	"	"	03	"		Negligible		"
Milk and milk products	"	"	27	"		37		"
Meat, fish and eggs	"	"	03	"		"		"
Sugar and jaggery	13	13	15	05	27	"		"
Condiments								

HYDERABAD

Nizamabad

State	District	Locality	Dichpalli Leper Home	Nizamabad Sub-Jail	Survey No.	53	54	55	56	57	Baltul Manzoon
			52			53					58
		Urban or Rural	Rural	"			Rural	Rural	Rural	Rural	Urban
		No. of families	7				33	23	3	1	1
		No. of persons	35	28			198	106	22	2	91
		No. of days of survey	7	7			3	3	3	"	7
Season			November 1941					November 1942			October 1941
Economic status etc.			Lepers	Prisoners			Agriculturist and Daily Labourers Ra. 20/ p.m.	Small Agricultural and Tradesmen Ra. 31/ p.m.	Agriculturist & Tradesmen Ra. 31/ p.m.	Agriculturist & Tradesmen Ra. 60/ p.m.	Institution (Disabled persons)

FOODSTUFF Oza. per consumption unit per day

Rice	88	14	204	264	297	248	116
Wheat	29	30		47	"	20	19
Mullets	88	197	76		"	"	
Other cereals	05						07
Pulses	44	30	08	13	12	23	11
Leafy vegetables	11	08	01	02	04		02
Other vegetables	35	65	02	11	14	25	08
Fruits	10						
Grass and vegetable oils	05	05	02	02	05	22	02
Milk and milk products			01		18	22	13
Meat, fish and eggs			01		05		12
Sugar and Jaggery	01		Negligible		08	20	30
Condiments	16	09	12		38	67	11

Diet Survey

HYDERABAD

State	HYDERABAD			
District	Vizianbad		Adilabad	
Locality	Vizianbad		Adilabad	
Survey No.	59	60	61	62
Urban or Rural	Rural	Rural	Rural	Rural
No. of families	39	46	50	84
No. of persons	7	7	7	422
No. of days of survey	7	7	7	7
Season	February 1942		November 1942 and January 1943	
Economic status etc.	P.B.H.	G.B.H.	Agriculturist and other labourers Rs. 12/	Small farmers Rs. 15/
				Farmers and tradesmen Rs. 30/
				Farmers, tradesmen & Govt. servants Rs. 45/

FOODSTUFF Ora. per consumption unit per day

	73	104	23	44	70	114
Rice	10	12	178	208	203	148
Wheat	100	77				94
Millers						
Other cereals	25	29	14	23	33	21
Pulses	17	10	01	03	03	03
Leafy vegetables	24	40	01	07	10	14
Other vegetables	30	24	01	02	03	06
Fruits	05	10	01	09	03	06
Ghee and vegetable oils	53	21	02	01	03	81
Milk and milk products	20	24	02	01	02	11
Meat, fish and eggs	15	24	06	08	Notifiable	03
Sugar and jaggery	33	22			12	12
Condiments						

HYDERABAD

District	Karimnagar					Aurangabad				
Locality	Karimnagar					Aurangabad				
Survey No.	65	66	67	68	69	70	71	72		
	Rural									
Urban or Rural	22	36	16	10	23	21	3	2		
No. of families	124	150	83	54	146	112	32	31		
No. of persons	7	7	7	7	3	3	3	3		
No. of days of survey										
Season	July and August 1943					November 1943				
Economic status etc.	Agriculturists and other Labourers Rs. 8/8/	Small farmers Rs. 16/8/	Farmers and Traders Rs. 27/	Farmers, Traders and Lawyers Rs. 53/	Small Agriculturists & Traders Rs. 20/	Small Agriculturists & Traders Rs. 32/	Agriculturists and Traders Rs. 68/	Agriculturists & Traders Rs. 325/		

FOODSTUFF Oza. per consumption unit per day

	34	192	196	203	275	277	01	21
Rice				203			01	21
Wheat	211	64	71	21	275	277	16	70
Millet				19			243	86
Other cereals								
Pulses	03	20	17	26	04	07	07	19
Leafy vegetables	03	01	05	04	09	10	02	03
Other vegetables		08		51	11	08	11	26
Fruits								
Ghee and vegetable oils	01	04	03	17	01	05	06	14
Milk and milk products	02	14	14	114	04	09	20	60
Meat, fish and eggs	03	01	01	02	07	03	02	03
Sugar and Jaggery		01		11			01	03
Condiments	06	15	16	17	18	12	14	05

Diet Survey

HYDERABAD

District	Aurangabad		Nalgonda	
	Aurangabad		Nalgonda	
Locality	Aurangabad		Nalgonda	
Survey No.	73	74	75	76
Urban or Rural	Urban		Rural	
No. of families	1	1	1	1
No. of persons	242	68	18	12
No. of days of survey	7	7	7	7
Season	September 1945		May 1944	
Economic status etc.	Convicts	Under Trials	Children Reformatory	Agricultural labourers R. 9/
				Small agricultural labourers & carpenters R. 14/
				Agricultural labourers & carpenters R. 15/

FOODSTUFF OZs per consumption unit per day

Rice	240	160	180	20	24
Wheat	240	160	180	109	192
Millers	240	160	180	109	192
Other cereals	240	160	180	109	192
Pulses	240	160	180	109	192
Leafy vegetables	240	160	180	109	192
Other vegetables	240	160	180	109	192
Fruits	240	160	180	109	192
Ghee and vegetable oils	240	160	180	109	192
Milk and milk products	240	160	180	109	192
Meat, fish, eggs	240	160	180	109	192
Sugar and Jaffery	240	160	180	109	192
Condiments	240	160	180	109	192

Diet Survey		KASHMIR			
State					
District		Srinagar			
Locality		10			
Survey No.		1	2		
Urban or Rural		Rural and Urban	Monthly Urban		
No. of families		23	23		
No. of persons		...	10		
No. of days of survey		...	10		
Season		October	October		
Economic status etc.		...	Poor middle class Hindus and Muslims		
FOODSTUFF Oza, per consumption unit per day					
Rice		25.6	25.6		
Wheat		1.3	1.3		
Millet			
Other cereals		...	0.6		
Pulses		5.2	5.2		
Leafy vegetables		1.5	1.5		
Other vegetables			
Fruits			
Ghee		0.9	0.9		
Vegetable oils			
Milk and milk products		2.2	2.2		
Meat, fish, eggs		0.2	0.2		
Sugar and jaggery		0.5	0.5		

Diet Survey

State	MYSORE		TEHRIGARHWAL (Uttar Pradesh)	
District	Chasepet		Barkot	Naradrasagar
Survey No.	1	2	1	2
Urban or Rural No. of families No. of persons No. of days of survey	Rural 27 203	Rural 32 232 20 days in each group	Rural 20 10	Rural 20 10
Season	July Aug. 1937	June July 1938	July and August	July and August
Economic status etc.	Small cultivators	Small cultivators	Cultivators Area in which leprosy is common	Cultivators Area in which leprosy is rare

FOODSTUFF		Oza. per consumption unit per day	
Rice	2.4	17	15.6
Wheat			0.7
Millet	24.9	24.2	3.9
Other cereals			1.8
Pulses	2.1	1.3	0.3
Leafy vegetables	1.1	0.3	4.7
Other vegetables	0.9	0.8	0.2
Fruits	0.1	0.2	0.9
Grain & vegetable oils	1.9	1.0	
Milk and milk products			
Meat, fish and eggs			
Sugar and Jaggery			
Condiments			

Diet Survey

TRAVANCORE

State	District	Locality	Trivandrum			
			Trivandrum			
Survey No.	1	2	3	4	5	
Urban or Rural	Urban	Urban	Urban	Urban	Urban	Urban
No. of families	4	8	10	7	6	6
No. of persons	23	36	64	62	52	52
No. of days of survey	10	10	10	10	10	10
Season	April to June 1942					
Economic status etc	Mostly Govt. servants. A few of them merchants and labourers					
	Income up to Rs. 10/ p.m.	Income from Rs. 11/ to Rs. 20/ p.m.	Income from Rs. 21/ to Rs. 50/ p.m.	Monthly income from Rs. 50/ to Rs. 100/	Monthly income from Rs. 100/ and above	

FOODSTUFF Oms. per consumption unit per day

Rice	7.2	14.1	16.4	15.6	16.3	
Wheat						
Millet						
Other cereals			0.4	0.13	0.7	
Pulses	0.2	0.3	1.2	1.1	2.0	
Leafy vegetables	0.17	0.24	0.18	0.19	1.17	
Other vegetables	7.9	12.7	9.4	5.2	5.7	
Fruits	1.20	1.90	1.4	2.8	4.00	
Ghee						
Vegetable oils	1.40	1.30	2.20	2.1	3.20	
Milk and milk products	0.45	0.70	7.14	7.1	14.80	
Meat, fish and eggs	0.53	1.36	0.84	1.09	0.99	
Sugar & Jaggery	0.40	0.40	1.20	1.1	1.80	
Condiments	0.20	0.25	0.30	0.5	0.40	

Diet Survey

TRAVANCORE

State	TRAVANCORE			
District	Trivandrum			
Locality	Trivandrum			
Survey No.	6	7	8	9
				10
Urban or Rural	Urban			
No. of families	114			
No. of persons	773			
No. of days of survey	10			
Season	November 1941 to March 1942			
Economic status etc.	Mostly labourers and Government servants. A few of them merchants and labourers			
Monthly income up to Rs. 10/	Monthly income up to Rs. 11/ to Rs. 20/ p.m.	Monthly income up to Rs. 21/ to Rs. 50/ p.m.	Monthly income up to Rs. 51/ to Rs. 100/ p.m.	Monthly income above Rs. 100/- p.m.

FOODSTUFF OZs. per consumption unit per day

Rice	76	141	176	161	172
Wheat
Millet	51	53	56	503	54
Other cereals	53	54	17	13	21
Pulses	53	508	505	527	532
Leafy vegetables	53	590	63	71	82
Other vegetables	54	570	15	29	20
Fruits
Green	17	190	230	30	37
Vegetable oils	57	302	666	87	159
Milk and milk butter	544	533	105	182	54
Meat, fish, eggs	53	520	110	160	19
Sugar & Jefferery	54	530	540	540	54
Condiments

TRAUVANCORE						
State						
District	Trivandrum					
Locality	Attungal					
Survey No.	11	12	13	14	15	
Urban or Rural						
No. of families	Semi-Urban	Semi-Urban	Semi-Urban	Semi-Urban	Semi-Urban	Semi-Urban
No. of persons	10	9	16	8	2	
No. of days of survey	46	57	121	94	8	
	10	10	10	10	10	
Season	April & May 1942					
Economic status etc.	Labourers, Merchants, Agriculturists and Government Servants.					
	Monthly income above Rs. 10/	Monthly income from Rs. 11/ to Rs. 20/	Monthly income from Rs. 21/ to Rs. 50/	Monthly income from Rs. 51/ to Rs. 100/	Monthly income above Rs. 100/	

FOODSTUFF Oza. per consumption unit per day

	11-5	13-4	17-5	17-9	16-3	
Rice						
Wheat						
Millet						
Other cereals						
Pulses	0-1	0-2	0-2	0-3	1-9	
Leafy vegetables	0-11	0-14	0-16	0-2	0-8	
Other vegetables	12-7	12-7	11-0	8-3	9-6	
Fruits	1-9	1-7	2-9	3-1	5-2	
Ghee						
Vegetable oils	1-3	1-5	2-3	2-1	3-5	
Milk and milk butter	0-7	1-2	3-8	5-7	14-2	
Meat, fish, eggs	1-36	1-14	2-34	1-97	1-7	
Sugar and Jaggery	0-4	0-8	0-8	1-1	1-8	
Condiments	0-25	0-3	0-4	0-4	0-6	

TRAVANCORE

State	Trivandrum			
District	Airtelal			
Locality	Semi Urban			
Survey No.	16	17	18	19
Urban or Rural	125			
No. of families	843			
No. of persons	10			
No. of days of survey				
Season	November 1941 to February 1942			
Economic status etc.	Labourers, Merchants, Agriculturists and Government servants			
	Income up to Rs. 10/ p.m.	Income from Rs. 11/ to Rs. 20/ p.m.	Income from Rs. 21/ to Rs. 50/ p.m.	Income from Rs. 51/ to Rs. 100/ p.m.
				Income above Rs. 100/ p.m.

FOODSTUFF Oms. per consumption unit per day

	10-5	15-6	18-1	17-9	18-2
Rice	10-5	15-6	18-1	17-9	18-2
Wheat	10-5	15-6	18-1	17-9	18-2
Millet	10-5	15-6	18-1	17-9	18-2
Other cereals	10-5	15-6	18-1	17-9	18-2
Pulses	10-5	15-6	18-1	17-9	18-2
Leafy vegetables	10-5	15-6	18-1	17-9	18-2
Other vegetables	10-5	15-6	18-1	17-9	18-2
Fruits	10-5	15-6	18-1	17-9	18-2
Ghee	10-5	15-6	18-1	17-9	18-2
Vegetable oils	10-5	15-6	18-1	17-9	18-2
Milk and milk butter	10-5	15-6	18-1	17-9	18-2
Meat, fish, eggs	10-5	15-6	18-1	17-9	18-2
Sugar and Jaffery	10-5	15-6	18-1	17-9	18-2
Constituents	10-5	15-6	18-1	17-9	18-2

